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Premier facing more flak over expense claims

POLITICS Premier Darrell Dexter is again taking flak from the Opposition over his expense claims.

During question period yesterday, Liberal critic Andrew Younger asked Dexter why he submitted an expense claim for clothing after Air Canada lost the premier's luggage during a recent trip abroad.

Younger said Dexter's expense records show he filed the claim on Sept. 22 after a trip to Vermont on government business, but withdrew it only last month.

Dexter said a review of his records flagged the claim and he quickly realized it should have been sent to Air Canada instead of the province.

THE CANADIAN PRESS



EARTH DAY: APRIL 22

GoGreen

Metro is marking Earth Day with a special section that looks at some of the issues and ways people are trying to make their lives more environmentally conscious. See pages 30-31.

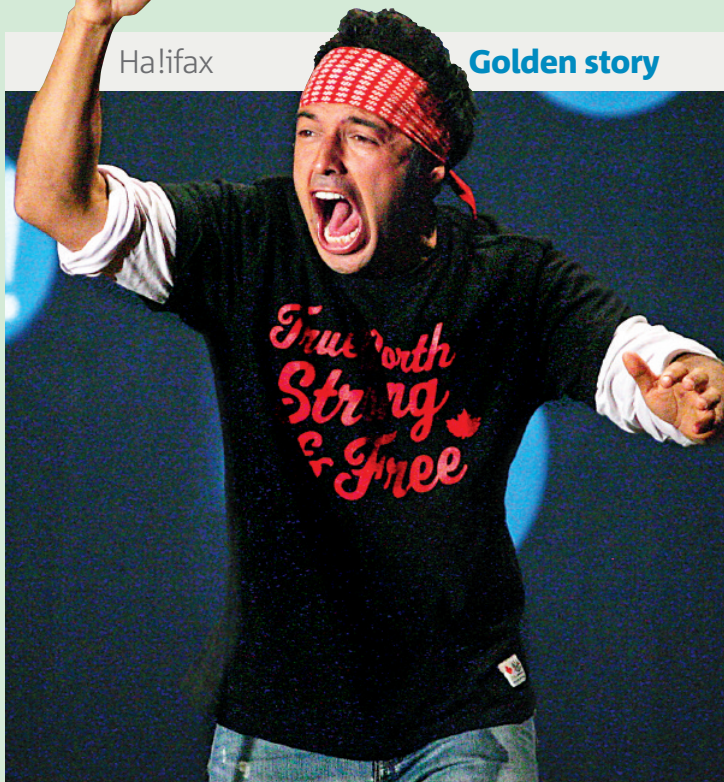


On the web

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Halifax

Golden story



Shawn Majumder tells a story last night at the Halifax ComedyFest 2010 about getting gold-medal hockey game updates from the pilot while on an airplane. Majumder hosted the opening gala at Casino Nova Scotia. The ComedyFest continues tonight with the All Stars of Comedy Show at the Casino and a LMAO show at the Seahorse Tavern.

Cops ready for G8 protests

PHILIP CROUCHER
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ACTIVISM Halifax Regional Police say they're "prepared to respond if required" to any protests that might turn violent at next week's G8 meeting of international development ministers in Halifax.

The three-day meeting begins Monday at Pier 21 and will lay the groundwork for talks on maternal and child health issues for the G8 and G20 summits in Toronto on June 25 to 27.

"We will be monitoring it and responding if required," police spokesman Const. Brian Palmeter said.

"It's our hope that should anybody attend, they'll do so and conduct themselves in a lawful manner, which will preclude any need for police intervention."

HRP has a Public Safety Unit trained to deal with large groups of people and Palmeter said they would be put into action if required.

About 300 are expected to attend a rally and march in opposition of the G8

meeting in Halifax Sunday at Victoria Park at 2 p.m.

Kyle Buott of the Halifax-Dartmouth and District Labour Council is part of the rally organizing committee and says "there is no possibility of violence breaking out" for what is described as a peaceful, family friendly event.

Buott expects the peacefulness to continue throughout the conference, too.

"It's a very small, side meeting of the G8," he said. "We don't anticipate anybody coming in from out of town."

Breaking the rules

Some MDs ignore wishes of organ donors for fear of upsetting family

PAUL MCLEOD
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Some Nova Scotians who signed off on having their organs donated have had their wishes blocked or, in some cases, never even pursued.

Health Minister Maureen MacDonald confirmed yesterday that even though the provincial law states an individual who signs an organ donation card must have their wishes granted, that is often not the case in practice.

Health officials have been asking family members for consent, said MacDonald. In some cases, family members deny the donation over the patient's wishes. In other cases, health officials don't even ask family members for fear they're too upset, and no organ transfer is pursued.

"Right now the legislation prohibits the overriding of a person's wish by family, yet we do that all the time if family really object," MacDonald said.

About 120 people are on the province's organ donation wait list, including children.

Nova Scotia has one of the highest registered organ donor rates in the country at about 60 per cent of the population.

The health department has posted new draft legislation on its website for public consultation. The act

"Right now the legislation prohibits the overriding of a person's wish by family, yet we do that all the time."

Health Minister
Maureen MacDonald

mandates health staff to always ask guardians or family about organ donation instead of the current "hit or miss" system.

It also more clearly specifies that an organ donor's wishes must be followed, but MacDonald still doesn't expect that will always happen.

She said she wasn't sure if Nova Scotians would want to get rid of a family override.

"You know, the public may come back and want a more, I suppose, heavy-handed approach, but I don't know that and this is partly why we're doing consultation," she said.

The new bill does not pursue the avenue of presumed consent, where an individual must opt out of organ donation instead of opting in.

"As far as I'm aware there are no jurisdictions that have presumptive consent," said MacDonald.



Maureen MacDonald

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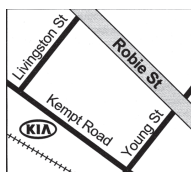
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Local



Tickets still left for Barenaked Ladies

Tickets are still available to see the Barenaked Ladies kick off their North American tour with a performance at the Halifax Metro Centre on Saturday at 8 p.m. Halifax's Joel Plaskett will be opening for the Ladies in Halifax and at several other dates in Canada. Tickets are \$65 each (\$1 more when purchased online) and are available at all Ticket Atlantic outlets, at ticketatlantic.com or by phone at 451-1221. METRO HALIFAX

House arrest for current, former X-Men athletes

ASSAULT A judge has handed a former and a current member of the St. Francis Xavier University men's basketball team a sentence of four months' house arrest on a single count each of assault causing bodily harm.

Provincial court Judge John Embree imposed the conditional sentences yesterday on Tyler Richards, 23, of Halifax and William Donkoh, 20, of Nepean, Ont.



Tyler Richards

Richards, a former AUS all-star, and Donkoh, a current member of the Nova Scotia team, were convicted of the charge in February.

The judge also gave them an 11 p.m. to 6 a.m. curfew and a year's probation after completing their sentence.

They were charged after a man was punched and kicked in Antigonish, N.S., in February 2009.

The victim testified he required 15 to 18 stitches to close a cut above his eye.

THE CANADIAN PRESS

Greater choice in schools urged

Students could use more encouragement to pick place right for them: AIMS

ALEX BOUTILIER
for Metro Halifax



The Atlantic Institute for Market Studies is demanding more freedom for Nova Scotia high school students to choose where they want to study.

According to AIMS manager Bobby O'Keefe, allowing high school students to choose where they want to study benefits not only those who leave their neighbourhood school for another, but the students who stay behind as well.

"It's a case of the research saying it helps," said O'Keefe, who co-authored the report. "It keeps away from the schools trying to be all things to all people."

According to a report released by AIMS yesterday, Atlantic Canada is the only region in the country that does not give students a meaningful choice for where they wish to study.

But Halifax Regional School Board spokesman Doug Hadley said while students are expected to

attend the schools in their area by default, anyone can apply to study at other institutions.

"Our policy is that students attend school in the neighborhood where they live or in the area closest to where they live," said Hadley. "(But) students have the ability to apply to attend schools outside of their area."

Hadley said students may choose to study at a different school for a variety of reasons — from special programs offered such as French immersion to

child-care arrangements.

After students apply, it is up to the individual school's principal to determine whether the school has enough staff and space to accommodate them, according to Hadley. He said the school board fields "a couple thousand" such applications a year.

But O'Keefe said while students have the ability, school boards could do more to encourage students to choose schools based on the right fit for them.

"There is some leeway," said O'Keefe. "But it is certainly not an official policy or something that's advertised where students are encouraged to seek out another choice."



C.P. Allen ranked best HRM high school for 2nd year

ALEX BOUTILIER
for Metro Halifax



EDUCATION Charles P. Allen scored HRM's top marks in an annual report card on Nova Scotia high schools for the second year in a row.

The report card, graded by the Atlantic Institute for Market Studies, gave the Bedford school a B+ — the second-highest mark in the province, behind Cape Breton Highlands Academy.

"If you look at overall engagement ... (C.P. Allen) did the best in the province," said Bobby O'Keefe, co-author of the report card. "They had a very good showing in achievement, too, across the board."

The report card graded schools on two general categories — achievement and engagement. Achievement includes such factors as marks, provincial exams and students' success in post-secondary institutions. Engagement exam-



Charles P. Allen High School in Bedford is again the top-ranked graded school from HRM in the annual report card on Nova Scotia high schools by the Atlantic Institute for Market Studies.

ines attendance, enrolment in post-secondary prep classes, and proportions of students moving.

HRM had two other schools in the Top 10, with Halifax West coming in sixth and Auburn Drive placing seventh. The low-

est-ranked school in HRM, Cole Harbour District High School, came in at 57th with a grade score of C — just three schools from the bottom.

O'Keefe admitted other factors, such as the socio-economic environments,

play a role in the schools. But he said the report tries to isolate those factors as much as possible.

"We do look at socio-economic status, the relative affluence of the student population in each of the schools, so we get a sense

HRM high schools

How they were graded

- 2. C.P. Allen: B+
- 6. Halifax West: B+
- 7. Auburn Drive: B
- 12. Dartmouth: B
- 20. Lockview: B-
- 22. Sir John A. Macdonald: B-
- 30. Sackville: B-
- 34. Prince Andrew: B-
- 35. Eastern Shore: B-
- 43. Millwood: C+
- 45: J.L. Ilsley: C+
- 55. Musquodoboit Rural: C
- 57. Cole Harbour: C

Citadel wasn't part of this year's report due to not enough years open.

and can control for that variable," said O'Keefe. "Yes, C.P. Allen is near the top with a very high rank in the socio-economic status. (But) you look at the No. 3 school, Barrington Municipal, they're near the bottom. And it's the same thing throughout the grades."

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WHAT'S ONLINE TODAY

Video Michaëlle Jean apologizes to Rwanda for Canada's inaction during 1994 genocide. More at metronews.ca/canada



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Lotto 6/49: 12, 19, 22, 36, 40 and 46 Bonus 17
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Port of Halifax announced yesterday the world's third largest container shipping company — CMA CGM — plans to upgrade to a weekly service with them. The authority says this change in service will shorten the transit time for import and export containerized cargo. **METRO HALIFAX**

Province poised to offer bounty

The province's natural resources minister is expected to announce a new bounty on coyotes today in a bid to ease public fears that the animals are becoming more aggressive.

John MacDonald declined to offer details of his plan, but he indicated yesterday the bounty will be offered only to Nova Scotia trappers.

"(It's) an incentive for more people to think about taking more coyotes," he said outside the legislature. "Trappers seem to indicate that more trapping pressure makes the

coyotes more wary."

The Trappers Association of Nova Scotia has said it is in favour of the bounty.

Trappers have taken 9,100 coyotes in the past five years, but the numbers have fallen off in recent years because of declining pelt prices, now hovering around \$19 to \$23. But the opposition Liberals say MacDonald is ignoring advice from his own scientists by even considering a bounty.

Critic Leo Glavine pointed out that the minister's own website includes submissions from biologists who cite scientific studies

"I don't want to be always reactive ... that's not good enough anymore."

John MacDonald, minister of natural resources

that prove bounties don't work.

"They're telling us that it's not the way to go," he said, adding that live-trapping of individual nuisance animals is the best way to deal with the problem.

As well, he said the minister has already conceded that the province suspended offering a bounty for coyotes in the 1990s when it became clear it simply didn't work.

Glavine said the province has been under pressure to act since the mauling death last fall of a Toronto woman who was hiking in Cape Breton.

As well, residents have reported several close

calls with the wild animals in recent weeks.

Last week, the head of the

A new bounty on coyotes is expected to be announced today.



province's Federation of Anglers and Hunters, Tony Rodgers, said a bounty would be a waste of taxpayers' money, motivated by politics rather than science.

He said killing more coyotes won't make them more afraid of humans.

MacDonald said he's aware that bounties are ineffective as a means of reducing the coyote population, but he stressed that he felt compelled to act.

"I don't want to be always reactive ... that's not good enough anymore."

THE CANADIAN PRESS

Chief's baptism to be celebrated Skin cancer screens raise awareness

PAUL MCLEOD
paul.mcleod@metronews.ca

FIRST NATIONS Organizers hope as many as 100,000 people will descend on Halifax this June for the celebration of a historic landmark in Mi'kmaq culture. Even the Pope is invited.

Membertou 400 will mark the anniversary of the baptism of Mi'kmaq Chief Henri Membertou four centuries ago. It was an act that some say opened the door for Canada as a multicultural nation.

"This historic event signalled the peaceful intentions between the Mi'kmaq and European nations, and established a holy alliance between the aboriginal community and the Catholic Church," Premier Darrell Dexter said at an announcement yesterday.

"Four hundred years ago he was a man who shaped the fate of his people and the fate of a nation."

The five-day celebration running June 24 to 28 will include a Mi'kmaq village of about 15 wigwams set up on the Halifax Common, native dance and drum competitions and demonstrations by First Nation artisans. There will also be a free concert by



Brian Knockwood performs the Mi'kmaq gathering song at yesterday's press conference at Province House announcing details of Grand Chief Membertou 400.

Buffy Sainte Marie and an open-air mass.

"It's high time we put (our) showcase out there in a way that is laid back, relaxed and beautiful," said Deborah Robinson, chief of the Acadia First Nation.

Organizers hope tens of thousands of people will gather from Atlantic Canada and beyond.

They've invited Pope

Benedict XVI to come mark the Catholic connection, but haven't heard back yet whether he's available.

Governments are kicking in almost a million dollars to the event. The federal government has pledged \$600,000, the province \$200,000 plus in-kind services, and Halifax Regional Municipality another

\$100,000.

They expect the total spinoff to the local economy to be worth \$2 million.

According to Mi'kmaq Grand Keptin Andrew Denny, the event will be a focal point for preserving First Nations history.

"It's an opportunity to show off Mi'kmaq culture, but it's more than that," he said.

HEALTH Unlike most publicity events, a Canadian Dermatology Association function led several people to discover they have cancer yesterday.

The group set up a skin cancer screening booth yesterday at the provincial legislature to bring attention to National Sun Awareness Week.

Of the first 30 people who undertook the voluntary screening, three were found to have mild forms of skin cancer while two more were diagnosed with "pre-cancer" blemishes.

That ratio of one-in-six happens to be the same ratio of Canadians who are expected to contract skin cancer at some point, according to Dr. Richard Langley.

Langley said cases can usually be cleared up with either minor surgery or in some cases surface medication. But people need to first realize they have a problem, which was what yesterday's event was for. "First it's to raise awareness about the importance of skin cancer and the importance of preventing it and early detection," said Langley. "And we're also here to provide that service of early protection."

Langley said many people put themselves at increased risk by not covering up from the sun and going to tanning beds. He said Nova Scotians have among the highest rates of melanoma, the most serious form of skin cancer.

PAUL MCLEOD/METRO HALIFAX

No new study on gambling

POLITICS After killing a report on the social cost of problem gambling, the province is not pursuing any new study into the area.

The NDP cancelled a three-year-old report on problem gambling, despite paying about \$140,000 for it so far, because they said the methodology is too flawed to be useful. They have refused to release the final draft of the study to

the public, saying it is "confusing" and would create undue anxiety and apprehension.

Industry Minister Marilyn More said Tuesday that the province is planning a new study on the costs of problem gambling that will be more useful than the last one.

Yesterday she retracted that comment, saying she was mistaken.

PAUL MCLEOD/METRO HALIFAX

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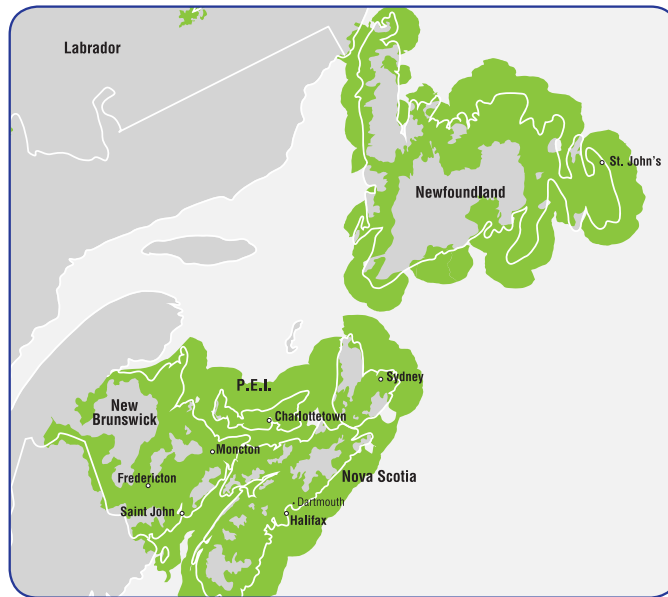
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ALEX BOUTILIER
 for Metro Halifax

Two new apartment buildings on Gottingen Street will earmark 50 per cent of rental units for affordable housing, according to a new non-profit organization.

The Housing Trust of Nova Scotia, founded by real estate consultant Ross Cantwell, is moving ahead with plans to construct two eight- to 10-storey buildings on Gottingen between Cunard and Cornwallis streets.

The Housing Trust brings together the "who's who" of the real estate community, including developer Louis Lawen and architect Dan Goodspeed.

Cantwell said housing prices on the peninsula have become a concern, especially in the Gottingen Street area.

"If you look at the Gottingen Street area, the five most recent projects there ... are all condo projects," said Cantwell.

"Those are really just for one segment of the population. Our concern is you've



The building that houses the former Diamonds bar on Gottingen Street is part of a new affordable housing development, with construction to begin as early as this fall.

got residents in that neighbourhood who maybe grew up there ... Can they even afford to live in the neighbourhood they grew up in?"

The new buildings will be built on lots currently occupied by the dilapidated MET department store and the former Diamonds bar, both of which were recently purchased by the Housing Trust. Cantwell said each

building could have upwards of 100 units.

According to Cantwell, half of those units will be rented at market value, while the other half will be rented at less than market value.

The buildings will also feature ground-level commercial spaces, spaces which Cantwell hopes will be filled by services the community needs.

"There are some holes in the fabric of that street," Cantwell said.

"We're hoping to target some ground-floor uses that will provide services that will help knit that street and neighbourhood back together."

Cantwell expects to have an architect as early as next week, and construction is slated to begin before the end of the year.

Would-be robbers assaulted on two tries: Cops

INVESTIGATION Police say the same group of would-be-robbers were physically attacked in separate incidents early yesterday morning.

In the first robbery attempt, Halifax Regional Police say two men were walking in the area of Lucien Drive in Dartmouth at 12:15 a.m. when four males approached them from a

silver car.

Police say they demanded cash and cigarettes from the 19-year-old victims. The victims were then hit and knocked to the ground, with one struck with a bottle.

It was at this point, police say, the victims got up and fought back and the suspects fled.

About an hour later at

Caldwell and Cow Bay roads in Eastern Passage, Halifax RCMP say three males got out of a silver car and tried to rob a 23-year-old man.

Police say the victim ran, but was caught and assaulted by the suspects, including with a hockey stick.

The victim, police say, eventually gained possession of the stick and used it

to fight off the suspects before getting away and contacting police.

What was believed to be the suspects' car was pulled over by police a short time later and the occupants were taken in for questioning.

Police say they're continuing to investigate but no charges had yet been laid.

PHILIP CROUCHER/METRO HALIFAX

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Man escapes serious injury after vehicle flips

DARTMOUTH A 39-year-old man escaped life-threatening injuries after falling asleep at the wheel and flipping his vehicle on Highway 111 in Dartmouth early yesterday.

Halifax Regional Police say the driver was approaching the Braemar Drive off-ramp, and after falling asleep, left the road and flipped on to the off ramp for Exit 6D.

Firefighters were forced to extricate the man from his vehicle and he was taken to hospital with non-life-threatening injuries.

METRO HALIFAX

Keep young kids away from the dishwasher, Health Canada says

Health Canada is warning of a possible new danger lurking in the kitchen: the dishwasher. It said yesterday there have been two separate reports of young children being cut while playing next to the dishwasher in the family kitchen. The culprit: A sharp metal edge at the bottom of the dishwasher door. **THE CANADIAN PRESS**

Canada



Brother ordered out

The brother of a teen shot dead by Montreal police is appealing a deportation ruling ordering him back to his native Honduras. Immigration officials have declared Dany Villanueva, left, inadmissible because of a conviction for armed robbery. Villanueva's brother Fredy was killed by Montreal police in August 2008.

THE CANADIAN PRESS

Iggy blooper ousts a Tory

Aide quits in gun registry fuss

A Conservative MP's aide has taken the fall for a news release that urged Liberals to beat their leader "black and blue."

Brant Scott, assistant to Saskatchewan MP Garry Breitkreuz, resigned yesterday as the Harper government scrambled to get its strategy for scrapping the long-gun registry back on track.

The release, which went out under Breitkreuz's name and quoted him extensively, slammed Liberal Leader Michael Ignatieff and the Canadian Association of Chiefs of Police for supporting the registry.

Breitkreuz apologized for the missive, which he

"It shows the hypocrisy of the law and order party."

Michael Ignatieff

said he didn't write.

Opposition parties accused Breitkreuz and Prime Minister Stephen Harper of hiding behind a staffer to avoid taking responsibility for a "disgraceful" insult to police chiefs.

"My view of this is that it shows the hypocrisy of the law and order party they're supposed to be," Ignatieff said of the Tories.

THE CANADIAN PRESS

Jaffer defends reputation

POLITICS Former Conservative MP Rahim Jaffer says he never lobbied the government on behalf of his company, never used his wife's parliamentary perks for business — and never used illegal drugs.

The one-time Tory up-and-comer wavered between defiance and shame as he took the hot seat yesterday before a Commons committee looking into his business dealings and accusations of improper lobbying.

He bristled as he spoke of reputations being ruined "on the basis of rumour and unsubstantiated allegations for short-term political gain."

He choked up as he apologized to his family and his wife, Helena Guergis, who lost her cabinet job amid the swirl of allegations about Jaffer's busi-



Rahim Jaffer, right, and business partner Patrick Glemaud prepare to testify on Parliament Hill.

ness dealings.

Prime Minister Stephen Harper suspended Guergis from the Tory caucus and called in the RCMP.

"She's the most important person in my life and I love her dearly and it is very unfortunate that her good name has been dragged into my

problems so unfairly," Jaffer said.

He flatly denied lobbying the government. He said any conversations he had with ministers, MPs or senators after losing office never went beyond social chit chat about his new career in business.

THE CANADIAN PRESS



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News in brief

CRIME An immigration judge has been found guilty of offering to approve a refugee claimant's application in exchange for sex. Steve Ellis, 50, had pleaded not guilty to breach of trust and an Immigration and Refugee Protection Act charge of bribery, but was convicted on both counts yesterday. Ellis was the adjudicator at Ji Hye Kim's refugee hearing in 2006. A Toronto court heard the woman interpreted comments Ellis made as him proposing a physical relationship, which made her uncomfortable.

THE CANADIAN PRESS

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Ontario Premier Dalton McGuinty says all publicly funded schools — including Catholic schools — will have to teach a revamped sex-ed curriculum that's drawn fire from conservative groups who charge it's corrupting young minds. The curriculum will see lessons taught to kids as early as Grade 1. **THE CANADIAN PRESS**

Ottawa cherry-picking docs: Lawyers

Lawyers for a military hearing into prisoner hand-overs in Afghanistan accused the federal government yesterday of cherry-picking which documents it turns over.

The lead counsel for the Military Police Complaints Commission said there seems to be a "weaning-out of documents" released to the inquiry.

"What we appear to be

receiving is a subset of a larger collection of documents," Ron Lunau said.

He added he is "very concerned ... we're not necessarily seeing all of the documents" related to the detainee affair.

Thousands of pages have already been given to the civilian-run military watchdog, but thousands more are caught in a paper jam as government



Ron Lunau

lawyers scrub out secret information.

Government lawyer Alain Prefontaine told the hearing

yesterday that picking and choosing documents is nec-

essary to avoid adding to the backlog. As it is, some key documents are still weeks from being ready.

"We can certainly add to the chain all the documents that we've weeded out," Prefontaine said.

"Understanding, though, that the only impact this will have is to lengthen the queue and lengthen the time that it's going to take to revise everything."

Buried somewhere in the reams of paperwork still under review are a series of reports by a former foreign-service worker that documented allegations of abuse in Afghan jails.

The reports by Nicholas Gosselin cover at least eight claims of mistreatment by Afghan authorities between January and August 2008. Word of their existence emerged when

Gosselin testified at the hearings last week.

Prefontaine said the Gosselin reports could be turned over May 7, barring unforeseen delays. Lunau lamented the time it's taking to turn over documents.

"Look, we've been at this since — what? — June 2008, when the public hearing was announced," he said. "That's two years ago."

THE CANADIAN PRESS



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Men seen sooner by specialists: StatsCan

HEALTH A new report suggests men may move through the medical system faster than women when they need to see a specialist.

The Statistics Canada report says wait times to see a specialist vary depending on the severity of the illness, though nearly half of people see one within a month of getting a referral.

But where 51 per cent of men see a specialist within a month, only 42 per cent of women have their first specialist appointment within that time frame.

The report says it's not clear whether this is the result of gender bias or

whether men wait longer to get help for a medical condition and therefore move through the system quicker because they are at greater need.

The source of the referral has an influence on how quickly people see a specialist, with those referred by someone other than a family doctor more than twice as likely to wait less than a month.

The findings are based on the Canadian Community Health Survey and draw from the experiences of people in all 10 provinces but not the three territories, federal institutions or First Nations reserves.

THE CANADIAN PRESS

Nearly 600 native women killed or missing: Report

FEMALES A new report has added 62 more names to a growing list of missing or murdered aboriginal women and girls.

The report by the Native Women's Association of Canada pegs the total at at least 582. The report says the data is limited by the way information is collected — there's no national missing-persons database

and police records don't always indicate aboriginal status.

The report found that aboriginal females are more likely to be killed by a stranger than non-aboriginal women. It says many victims are targeted simply because they are aboriginal and their attackers assume they will not fight back or be missed. **THE CANADIAN PRESS**

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Comment

Fantastic teachers never forgotten

Relating

Sofi Papamarko

metronews.ca/papamarko

You never forget your favourite teacher. I've had some great ones over the years.

Mrs. Metcalfe encouraged my creativity and allowed us to put on our own insane fifth-grade version of *The Phantom Of The Opera*. My middle school teacher, Miss Wilkinson, encouraged lively political debate and wept openly while reading us *Sadako And The Thousand Paper Cranes*. Mr. Chow's dry sense of humour made the multiplication of fractions tolerable. And John Lazarus and I stayed in

email touch years after I took his playwriting course in university.

But it's my kindergarten teacher, Mrs. Williams, who will be my forever-favourite.

Mrs. Williams was kind, patient, fair, calm and much loved. She read us stories, taught us to count to 100 on an abacus and never once raised her voice. I remember her gentle amusement whenever one

of us would slip up and call her "mom."

A few weeks ago, I was unexpectedly reunited with Mrs. Williams. She looked like a smaller and greyer version of her very same self. The rush of emotion I felt at seeing her again surprised me.

For my friend Neil Pasricha, blogger and author of the freshly launched feel-good tome *The Book Of Awesome*, it was his third

grade teacher who stood out above the rest.

"I was pretty much the shyest kid ever," Pasricha recalls.

Mrs. Dorsman encouraged Pasricha to read out loud to the class and had him solve math problems on the blackboard.

Having recently read an article on *The Book Of Awesome* in the *Toronto Star*, Stella Dorsman contacted the author to see if he was

the same Neil Pasricha she taught at Sunset Heights Public School. You can read their correspondence here: <http://1000awesome-things.com> (April 16 post).

Teaching is a difficult and often thankless job. If you've ever had a teacher who made a difference in your life, thank them. It will mean the world.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Learning the value of social networking

GlobalView

Mona Eltahawy

metronews.ca/globalview

When the volcano with the unpronounceable name erupted in Iceland, I was co-cooned in Oxford, England, attending the Skoll World Forum, an annual conference for social entrepreneurs.

I had no idea what a social entrepreneur was until

I was asked to speak about social networking and its impact on the Middle East. I learned that the inspiring men and women who had gathered at Oxford University applied entrepreneurial principles to solve social problems and help bring about change.

My contribution was to show how women in the Middle East used social networking sites to fight for their rights and to network, thereby building a virtual community, which translated into a community in the real world that offered support and solidarity.

And it was here in London where I became a "volcano refugee" who learned the value of social networking to my own life. Through Facebook I heard from friends all over the world, offering support to soothe the stress of not knowing when I could fly home again.

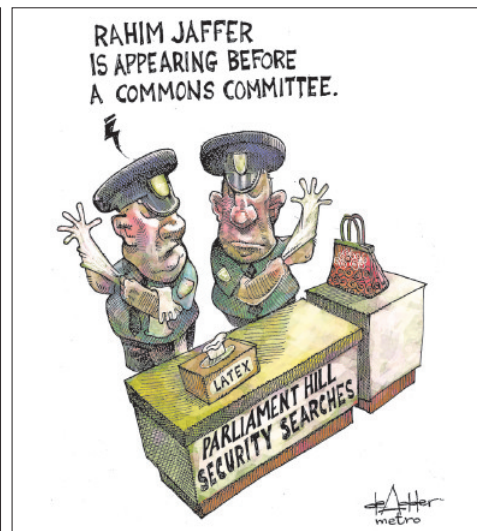
But this "volcano refugee" also remembered the value of old-fashioned networking, too, thanks to "real life" friends who took me in when my flight was cancelled.

Looking up and seeing no planes in the sky was a

stark reminder of just how prehistoric it is to be stranded because of a volcano. But being grounded was a chance, too, for some good old-fashioned rest and a sober reminder that if the uncertainty of being a "volcano refugee" was exhausting, then the trauma of being a refugee was almost impossible to assuage.

When we're forced to slow down, gratitude can come fast and easy.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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Movie studio Lions Gate Entertainment Corp. yesterday urged shareholders to reject billionaire investor Carl Icahn's offer to buy up outstanding shares for \$7 each. The board unanimously rejected the buyout offer and said in a statement it was "financially inadequate, opportunistic and coercive." **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Group buyers saving big

Fiyaz Keshwani has always been one to barter and is never happy paying full price when shopping. So when he found out he could get movie tickets at almost half off by jumping through a few hoops, he figured it'd be worth a little hassle for a great deal.

The 27-year-old from Edmonton turned to the Internet, collected money from dozens of fellow movie fans online and arranged to buy 1,500 tickets directly through Cineplex Odeon at wholesale prices.

Companies like Costco and Sam's Club have long been known for leveraging the power of bulk buying to

No shortage of sites

• Restaurant gift certificates and spa packages are among the most common offers at sites like Groupon, StealTheDeal, TeamBuy, TeamSave, WagJag and Webpiggy. Most sites focus

on Toronto, although StealTheDeal and WagJag offer some deals for Calgary, Edmonton, Halifax, Montreal, Ottawa, Winnipeg and Vancouver users.

get lower prices. Now, consumers are turning to the Internet to find better deals by buying in big numbers.

"It stems from movies being expensive and prices have been going up quite a bit over the years," Keshwani said in explaining why he's organized eight separate movie ticket bulk

purchases so far, which are often called "group buys."

"When I first started, the minimum requirement for tickets was only 300 and so that was in my opinion a very achievable goal, especially when I was taking out 20 to 50 myself. And then it wasn't that hard to get rid of the rest of them. And it

just expanded from there."

Keshwani admits organizing the mass purchase and mailing out all the tickets to buyers is "quite a bit of manual work" but he said it's worth it for the deeply discounted movies. He also receives donations from appreciative buyers who sometimes send him a few extra dollars for his efforts. One grateful buyer even sent him \$80 after buying 300 tickets.

A slew of websites have sprouted up in recent months to take the work out of organizing a group buy and typically offer deals of around 50 per cent off purchases. **THE CANADIAN PRESS**

'Be very careful' with 3-D TVs

TECHNOLOGY 3-D or not 3-D? That's the question many TV lovers are asking now that the three-dimensional experience has come to the small screen.

But one manufacturer's warning may prompt parents and pregnant women to think twice about allowing space heroes and pirates to jump off the screen into their living rooms.

Samsung Electronics Canada, which recently introduced its 3-D TV in this country, admits the company has only now started to study the long-term effects of watching 3-D television using its "active" glasses which shutter on and off. "Your left eye shutters 60

times per second and your right eye shutters 60 times per second (with the glasses)," marketing director Robert Gumiela said in an interview.

"We're not sure how you react to shuttering, but we're issuing this warning: 'Be very careful. If you start to feel dizzy, stop watching.'"

Samsung issued a 3-D warning several weeks ago and Gumiela says it was done "to make sure we're doing our due diligence."

The advisory also urges parents to watch their children for lightheadedness and involuntary movements like eye or muscle twitching. **THE CANADIAN PRESS**

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Macau Gamblers welcome



Attendants welcome customers yesterday to the casino of Wynn Encore Macau, the newest resort built by Steve Wynn. The billionaire opened his latest hotel and casino in Macau yesterday and said he aims to start building a massive new resort in the Chinese gambling mecca next year.

In brief

NATURAL GAS Encana Corp.'s first quarter profit soared to US\$1.48 billion, three times higher than it was a year earlier, as the accounting impact of its hedging program more than offset lower market prices for natural gas.

SALE Another piece of the former Nortel Networks empire has been sold, with the Canadian company's interest in a Korean operation going to LM Ericsson for US\$242 million. Nortel announced the sale of its 50-per-cent-plus-one share interest in LG-Nortel Co. Ltd., late Tuesday.

THE CANADIAN PRESS

Flaherty rejects global bank tax

TAX There is no way Canada will co-operate with attempts to impose a global tax on banks, says Finance Minister Jim Flaherty.

In a speech to a Toronto financial audience on Wednesday, he lashed out at the international campaign to impose taxes and levies on banks to create a fund in case of future bailouts.

"We believe that Canadian taxpayers should not bear the costs of bailouts of financial institutions in other countries," Flaherty told the conference, a day before heading to Washington to make the same argument to his international colleagues.

The International Monetary Fund has just endorsed the idea, saying G20 countries should make all financial institutions pay into such funds, and should also considering a new tax on bank profits and pay.

But Flaherty said such taxes create an incentive for banks to behave recklessly, since they know they'll be bailed out if worst comes to worst.

"Let me make that even clearer," he said. "Canada will not go down the path of excessive, arbitrary or punitive regulation of its financial sector."

THE CANADIAN PRESS

Facebook Game changer?



Facebook CEO Mark Zuckerberg delivers a keynote address yesterday at a conference in San Francisco. Facebook is spreading its wings to the broader web, a move that could change the way people experience the online world, though it could come with privacy implications. Zuckerberg says the new tools will allow users to see personalized versions of other websites they visit.

GM CEO says carmaker has repaid government loans

PAYMENT General Motors Co. has repaid the \$8.1 billion US in loans it got from the U.S. and Canadian governments, a move its CEO says is a sign automaker is on the road to recovery.

GM CEO Whitacre announced the loan paybacks — \$8.4 billion US including interest — yesterday at the company's Fairfax Assembly Plant in Kansas City, Kansas.

GM had made about \$2 billion in loan payments to the U.S. government and \$384 million to Canada in December and March and had

promised to repay the full loans by June. But company officials have said its cash flow, mainly from the sales of newer models, has been better than expected, allowing it to make the remaining \$5.8 billion in payments early — about \$1.1 billion to Export Development Canada and another \$4.7 billion to the U.S. Treasury Department.

Whitacre also announced that GM is investing \$257 million in the Kansas factory and the Detroit-Hamtramck plant.



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THE ASSOCIATED PRESS

Heineken earnings up

Dutch brewer Heineken NV says its first-quarter operating earnings rose, despite falling sales. **THE ASSOCIATED PRESS**

business 13

Pension assets growing again

A major investment services firm suggests the Canadian pension crisis may be winding down, despite the drag caused by a persistently high loonie.

RBC Dexia Investor Services says Canadian pension assets have gained in value for four straight quarters, growing 22.1 per cent over the 12 months ended March 31. However, RBC Dexia says the high value of the Canadian dollar hampered growth somewhat, saying currency losses outpaced stock market gains.

The firm's analysis of a

selection of pensions with \$340 billion in assets found domestic equity drove the recovery, growing 44.7 per cent over the year.

But the loonie's 23 per cent surge over the year resulted in a 0.1 per cent loss for pensions when their foreign assets were converted into Canadian dollars.

RBC Dexia's director of advisory services, Don McDougall, says the first quarter of 2009 may have "marked the end of the financial crisis for Canadian pensions."

THE CANADIAN PRESS

Metro will continue pharmacies

RETAIL Supermarket giant Metro Inc. remains committed to expanding its pharmacy network despite the pending Ontario government changes that would significantly reduce proceeds to pharmacies from sales of generic drugs.

Metro chief executive Eric LaFleche said the company will assess the impact once the final measures are adopted in Ontario, which is trying to control health spending and trim its \$21 billion deficit.

"But we remain committed to that business and we think we're in a good position to grow in that business," he said Wednesday during a conference call to discuss the company's higher second-quarter profits.

THE CANADIAN PRESS

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Cans of Game Day Ice, one of two new beers offered by U.S. 7-Eleven stores, are shown in a cooler at a 7-Eleven store in Kent, Wash. 7-Eleven, home of countless beer runs, is getting into the business itself with Game Day, a store-brand lager.

Bonuses on tap at Molson Coors

BREWING Soaring profits last year prompted Molson Coors to open the financial taps to reward the brewer's senior executives with large bonus and stock option increases.

Chief executive Peter Swinburn, 58, received more than \$9.4 million US in total compensation, up from \$6 million US in 2008, according to a proxy circular filed with U.S. regulators.

The British native, who has headed Molson Coors since July 2008, earned \$2.1 million US in bonuses last year, up from \$824,000 US a year earlier.

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Sports

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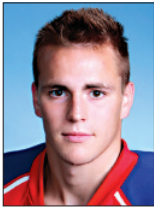
Wildcats inch closer to final after 4-0 win over Voltigeurs

QMJHL The Moncton Wildcats are a game away from advancing to the QMJHL final.

Reigning league MVP Nicola Riopel recorded a 34-save shutout as the Wildcats downed the defending champion Drummondville Voltigeurs 4-0 last night at Moncton Coliseum to grab a 3-1 stranglehold in the best-of-seven semifinal.

Gabriel Bourque netted a pair of goals while Cole MacMillan and Mark Bar-

berio had singles. MacMillan, an 18-year-old forward, is the younger brother of former Halifax



Cole MacMillan

Mooseheads standout Logan MacMillan.

The Wildcats can wrap up the series tomorrow when they visit Drummondville.

The other semifinal, featuring the Saint John Sea Dogs and Victoriaville Tigres, also resumes tomorrow in Quebec. The Sea Dogs, first-place finishers in the regular season, have a 2-1 series lead.

METRO HALIFAX



Gilchrese named to all-star team

Halifax Rainmen point guard Eric Gilchrese has been named an injury replacement for teammate Tony Bennett for the Premier Basketball League all-star game on May 2 at the Metro Centre. Gilchrese averaged 13.9 points per game with the Rainmen and Manchester Millrats.

METRO HALIFAX

Grand journey lies ahead

MATTHEW WUEST
matthew.wuest@metronews.ca

Suzie Ketene admits she's taking on a "crazy endeavour."

The 42-year-old Halifax native is getting ready to land in Braganca, Portugal, next week with her 10-year-old mountain bike and little more than a global positioning system to participate in the nine-day, 1,150-kilometre Trans Portugal Garmin.

Ketene will traverse the southern European country from north to south by bike, following an unmarked track from Braganca to Sagres that climbs 24,500 metres and takes her through the Serra da Estrela mountain range to an altitude of 1,992 metres.

Hungry? Bring your own food. Flat tire? Broken chain? Shifting problems? Fix them yourself. And if you get lost? Good luck finding your way back.

"You're on your own," Ketene says. "There are no markers, there are no vehicles or helpers on the side of the road saying, 'You went the wrong way, you have to go left.'"

"Essentially, you find a



Suzie Ketene bikes through a trail at Long Lake yesterday. Ketene is competing in the 1,150-kilometre Trans Portugal Garmin race which runs from April 30 to May 9. She is raising money for KidSport, which helps disadvantaged kids pay for sports registration costs and equipment.

way."

Participants do receive food, lodging and mechanical assistance at the end of each day, but that's it.

Ketene is a longtime mountain biker who won the Canada Cup series in 1998 and went on to place ninth at the world championship. But she has typically competed in one-day, cross-country-style events and has never attempted a multi-stage race such as the Trans Portugal.

When you throw in the

fact former Vancouver Canucks star Trevor Linden is one of 65 competitors and five Canadians registered for the Trans Portugal, Ketene knows she's facing a daunting challenge.

"When I think about it, I get nervous," she admits. "I giggle and I go, 'It's a mind-over-matter thing.' And anything we set our minds to, we can achieve."

Ketene set her mind to the Trans Portugal as a way to raise money for charity. She hopes to raise \$1 for

every kilometre she bikes so she can donate \$1,150 toward KidSport, which attempts to eliminate financial barriers that prevent children from participating in sport.

She says the kids will be in the back of her mind when she needs motivation to get through the gruelling event.

"It's going to be the experience of a lifetime," she says.

"I'm going to make the most of it."

Sports in brief

BLUE JAYS The Toronto Blue Jays fell in the 10th inning of their series finale with the Kansas City Royals yesterday when third baseman Alex Gordon blasted a pitch from reliever Scott Downs over the

wall in centre. The Blue Jays lost 4-3 but had already clinched their eighth straight series against the Royals at Rogers Centre with two wins earlier this week.

THE CANADIAN PRESS

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MATTHEW WUEST
matthew.wuest@metronews.ca

FOOTBALL Justin Palardy's ascent into the record books has caught the eye of Canadian Football League teams.

The Saint Mary's Huskies all-star punter/kicker is in Ontario this week participating in pre-draft workouts with the Toronto Argonauts and Hamilton Tiger-Cats and has already been looked at by the Calgary Stampeders.

Palardy, a three-time Atlantic University Sport all-star, holds conference

records for career scoring (320), field goals (116) and converts (65) and still has one season of eligibility left.

"As a kicker, if a team is in need of a guy, he's as game-ready as there is," said Huskies head coach Steve Sumarah.

"If someone is looking for a dual-role guy (punter/kicker), he might not be quite ready, but if they're looking for just a field-goal kicker, I'm not sure if there's anybody better in the country."

Sumarah said based on what he's been hearing from scouts, Palardy, a Truro native, could be selected in the first three rounds of the CFL draft on May 2.

Palardy has expressed an interest in one day playing in the CFL, although a fifth and final season at Saint Mary's is enticing due to the possibility of owning a piece of the Canadian Interuniversity Sport history books.

He is 90 points away from catching Jesse Lums-

den's all-time CIS scoring record of 410 and five field goals away from catching Frank Jagas's career CIS mark of 70.

"He could go down in history as one of (the greats)," Sumarah said.

"But on the flip side, if you get a chance to go to the CFL and you have a chance to make it ... It's pretty hard to turn down."

All-star offensive lineman Adam Baboulas is another Huskie attracting attention for the draft, although he likely won't get a look until the later rounds.



Justin Palardy

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Billionaire says he wants to keep Rams in St. Louis

Billionaire Stan Kroenke says he wants to keep the Rams in St. Louis. Kroenke told the St. Louis Post-Dispatch that he will do "everything" he can to keep the Rams in his home state of Missouri. **THE ASSOCIATED PRESS**

sports **15**

Boston Bruins right wing Miroslav Satan celebrates his game-winning goal with teammate Dennis Wideman last night.

Bruins take stranglehold

(Boston leads 3-1)

Sabres 2 Bruins 3 (2 OT)



Miroslav Satan scored on a power play at 7:41 of the second overtime to give the Boston Bruins a 3-2 victory over the Buffalo Sabres last night and a 3-1 lead in the first-round playoff series.

The Bruins got the power play in the second extra period when Buffalo's Drew Stafford was caught on the ice as a sixth skater. Satan got a pass from Michael Ryder in front of the net and put it past Ryan Miller.

Tuukka Rask made 35 saves for Boston and also assisted on Satan's goal.

Vanek out again

• Buffalo's Thomas Vanek missed his second straight game with a high ankle sprain. He was seen in the elevator wearing a boot before Game 4.

Ryan Miller stopped 36 shots for the Sabres.

Game 5 is Friday night in Buffalo.

Tim Kennedy and Steve Montador scored for Buffalo, which opened a 2-0 lead after two periods. David Krejci and Patrice Bergeron scored in the third period for Boston to send the game into overtime.

Both goalies made stunning saves to keep their teams in the game.

THE ASSOCIATED PRESS

Capitals push Canadiens to brink of elimination

(Washington leads 3-1)

Capitals 6 Canadiens 3



NHL Alex Ovechkin scored two goals and Semyon Varlamov made 36 saves as the Washington Capitals defeated the Montreal Canadiens 6-3 last night to put a chokehold on the first-round NHL playoff series.

The Capitals lead the best-of-seven Eastern Con-

ference quarter-final 3-1 and can wrap it up with a victory on home in Washington tomorrow night.

Mike Knuble also scored twice and Jason Chimera and Nicklas Backstrom each had one for Washington, who replaced Jaroslav Halak as the Canadiens starter.

Knuble's second and Backstrom's goal were in empty nets between a late goal by Montreal's Dominic Moore.

THE CANADIAN PRESS**Sports in brief**

SOCCER Gabriel Agbonlahor and James Milner fired Aston Villa to a 2-0 victory at Hull yesterday to maintain its slim chance of capturing fourth place in the Premier League and push the home side closer to relegation. Aston Villa climbed one place to sixth in the standings, but still three points behind fourth place Tottenham which has a game in hand.

SOCCER Arjen Robben scored a second half winner as Bayern Munich beat Lyon 1-0 in the first leg of a Champions League semifinal yesterday which both sides finished with 10 men.

BLUE JAYS Toronto Blue Jays pitcher Brian Tallet is scheduled to undergo an MRI on his forearm today, when the team hopes to identify an injury that landed the veteran starter on the disabled list

amid a flurry of moves announced yesterday afternoon. Edwin Encarnacion had also been placed on the 15-day disabled list with an arm injury.

NBA Oklahoma City Thunder coach Scott Brooks has been named the NBA's coach of the year after engineering the league's best turnaround. The Thunder won 27 more games this season than they did a year ago, going 50-32 and earning the No. 8 seed in the Western Conference playoffs with the NBA's youngest roster.

NBA Starting forward Andrew Bynum missed the Los Angeles Lakers' practice yesterday to get treatment on his sore right Achilles tendon. He was expected to be in the starting lineup tonight for Game 3 against the Oklahoma City Thunder. **METRO NEWS SERVICES**

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Roethlisberger hit with suspension

NFL Pittsburgh Steelers quarterback Ben Roethlisberger was suspended for six games without pay yesterday for violating the NFL's personal conduct policy and ordered to undergo behavioural evaluation.

Commissioner Roger Goodell handed down the punishment a week after prosecutors decided not to charge Roethlisberger in a case involving a 20-year-old college student who accused him of sexually assaulting her in a Georgia nightclub in March.

Goodell said the league's conduct policy gave him the right to impose discipline regardless of whether he broke the law.

"I recognize that the allegations in Georgia were disputed and that they did not result in criminal charges being filed against you," he said in his letter to the two-

\$2.8M

Sitting out all six games would cost Ben Roethlisberger an estimated \$2.8 million US.

time Super Bowl winner, a six-year veteran.

Roethlisberger must undergo a "comprehensive behavioural evaluation by medical professionals" and may not attend any team off-season activities until that evaluation is completed.

The suspension could be reduced to four games for good behaviour.

Before acting, Goodell said he interviewed Roethlisberger on April 13 and talked to current and former players and the players' union. **THE ASSOCIATED PRESS**



Ottawa's Pascal Leclaire makes a big pad save against Pittsburgh's Evgeni Malkin during Game 4 of the Eastern Conference quarter-finals at Scotiabank Place on Tuesday.

Sens silent on goalie for do-or-die game

NHL After spending most of the first four games of the series as a spectator, Pascal Leclaire may just get the call to try and help save the Senators' season tonight against the Pittsburgh Penguins.

Or he may not. Senators coach Cory Clouston wouldn't say whether Ottawa would stick with Brian Elliott or make the switch to Leclaire in goal before leaving for Pittsburgh yesterday.

Regardless of his choice of netminder, the plan for Game 5 is still the same — win and stay alive in the best-of-seven Eastern Conference quarter-final.

"We know who we're going to start, we're just going to stick with announcing it the day of the game like we always have," said Clouston, who pulled Elliott in the second period Tuesday night after Elliott gave up four goals on 15 shots en route to an eventual 7-4 loss.

However, the coach refuses to blame his netminder for the predicament Ottawa finds itself in: Trailing the reigning Stanley Cup champions 3-1 and heading back to their

arena needing a victory tonight (7 p.m., CBC, RDS) to extend the season.

"It's easy to point fingers, it really is, but as a team we have to be better," Clouston said.

"We're playing a team that capitalizes on their chances. The mistakes we've made, they made us pay for them. We haven't done the same to them. ... Obviously, it magnifies our mistakes and it magnifies our goaltenders."

Leclaire, a former Halifax Mooseheads star who is making his first NHL playoff appearance, came on in relief and gave up three goals, including Maxime Talbot's short-handed game-winner on 23 shots and, since the Senators need some kind of shake-up, speculation is that he could make his first playoff start.

"We're still alive. Nothing's over yet," Leclaire said.

"There's urgency and obviously we've dug ourselves a bit of a hole, but, at the same time, it's a big challenge for us and a fun building to go in and play and we'll have a chance to get back in the series."

THE CANADIAN PRESS**SCOREBOARD****NHL PLAYOFFS****YESTERDAY'S RESULTS**

Washington 6 Montreal 3
Boston 3 Buffalo 2 (2 OT)
Vancouver at Los Angeles

TODAY'S GAMES

Philadelphia at New Jersey, 8 p.m.
Ottawa at Pittsburgh, 8 p.m.
Chicago at Nashville, 9:30 p.m.
Colorado at San Jose, 11:30 p.m.

NBA PLAYOFFS**YESTERDAY'S RESULTS**

Orlando 92 Charlotte 77
San Antonio at Dallas

BASEBALL**YESTERDAY'S AL RESULTS**

Kansas City 4 Toronto 3 (10 ins)
Boston 8 Texas 7 (12 ins)
Minnesota 6 Cleveland 0
Tampa Bay 12 Chicago White Sox 0
Detroit at L.A. Angels
N.Y. Yankees at Oakland
Baltimore at Seattle

YESTERDAY'S NL RESULTS

Chicago Cubs 9 N.Y. Mets 3
Houston 5 Florida 4
L.A. Dodgers 14 Cincinnati 6
Milwaukee 8 Pittsburgh 0
Philadelphia 2 Atlanta 0
San Diego 5 San Francisco 2
Washington 6 Colorado 4
St. Louis at Arizona

NFL DRAFT**TODAY'S FIRST ROUND SELECTION ORDER**

1. St. Louis; 2. Detroit; 3. Tampa Bay; 4. Washington; 5. Kansas City; 6. Seattle; 7. Cleveland; 8. Oakland; 9. Buffalo; 10. x-Jacksonville.

11. x-Denver (from Chicago); 12. Miami; 13. San Francisco; 14. Seattle; 15. N.Y. Giants; 16. x-Tennessee; 17. x-San Francisco (from Carolina); 18. Pittsburgh; 19. x-Atlanta; 20. x-Houston.

21. Cincinnati; 22. New England; 23. Green Bay; 24. Philadelphia; 25. Baltimore; 26. Arizona; 27. Dallas; 28. San Diego; 29. N.Y. Jets; 30. Minnesota.

31. Indianapolis; 32. New Orleans.

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Metro Homes

Home buying

Today, Metro Homes focuses on first-time home buying. So, if you are looking to buy a home, or just thinking about it, this is the issue for you.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Cost key for new owners

JON TATTRIE
for Metro Halifax

Contrary to the conventional wisdom that real estate is about location, location, location, first-time home buyers in the Halifax Regional Municipality are focused on price, price, price.

Sandy Hines of Royal LePage has been a realtor in the region since 1982. He says when young couples or singles come to him looking to enter the market, they start with a dollar figure.

"That usually determines what area they're in," he says.

"If you're just starting out, it's very hard to get on the peninsula of Halifax. Even Clayton Park is very expensive."

As most first-home buyers don't have kids and don't intend to stay more than five years, day cares and schools aren't usually a factor, but the work commute and bus access enter into consideration.

Caldwell Banker realtor



Brenda Stampeen says the hottest price point is semi-detached homes for \$180,000 to \$225,000 in Sackville and Dartmouth.

"It's a huge market

right now. They're coming with big deposits, they're coming well informed," she says. "Efficiency is huge — they're looking at what it costs to

run the place."

Both realtors mentioned several hot-spot areas to buy homes in HRM. They include Royal Hemlocks, Hammonds Plains,

Lake Echo, Forrest Hills, Cole Harbour, Portland Estates, Colby Village, Lower Sackville, outskirts of Dartmouth, Waverley and Montebello.

Areas to look at

- Colby Village has a range of houses, from those built in the 1970s to brand-new homes. It's near schools, shops and green areas, making it one of Dartmouth's most popular neighbourhoods. Bungalows are available from \$170,000 and detached homes around \$212,000.
- Montebello is a sought-after area of Dartmouth. Located just off the Waverley Road and near Mic Mac Mall, semi-detached homes can be found for about \$189,000 and four-bedroom houses for \$239,000.
- Lake Echo: Located 30 minutes from Downtown Dartmouth, this rural community has "mini homes" starting at \$64,000 and three-bedroom family homes for \$219,000.
- Hammonds Plains: Located 25 minutes west of downtown Halifax, Hammonds Plains offers mini homes for \$109,000, bungalows for \$280,000 and two-storey homes for \$270,000.
- Forest Hills: Located a 15-minute drive from Dartmouth, this community just beyond the urban sprawl has starter homes from \$182,000. Near CFB Shearwater, it's popular with military personnel.

Lots to learn before you buy your first property

MAT LECOMPTE
for Metro Canada

If you're thinking about taking the plunge into home ownership, know this: it's probably going to cost more than you think.

There are a number of costs associated with home-ownership that many first-time buyers tend to overlook. It's more than just trading in rent for mortgage payments.

In addition to a down payment and monthly mortgage instalments; transfer taxes, carrying costs, closing costs, property taxes, utilities, lawyers, realtors and other miscellaneous expenses must all be accounted for.

It's easy to see how the cost of purchasing a home is more than the price tag.

Toronto-based realtor Melanie Piche says she even tells clients to set aside a "maintenance



Team BREL, Brendan Powell and Melanie Piche, prides themselves on their "No BS, no fridge magnet" approach to real estate. Learn more about what they can do for you at getwhatyouwant.ca.

fund" to factor into their monthly mortgage payments.

Before jumping in to the market, it's a good idea to sit down with a professional. They can offer valuable insight about affording and operating a home.

"When I was buying my

first property," recalls realtor Brendan Powell, and realty brokerage partner with Piche. "I wish I had someone to walk me through it more."

According to both Powell and Piche, it's still a great climate for first time buyers. They say in the past

few months, this group has been responsible for about 50 per cent of their sales.

"First time buyers can save a lot of money that others simply can't," he says.

With government incentives like the Home Buyer's Plan, First Time Homebuy-

Mortgage brokers in demand

•The same things that are squeezing first-time homebuyers these days are creating a boom for mortgage brokers. Jim Murphy, president of the Canadian Association of Accredited Mortgage Pro-

fessionals, says brokers are in demand from first-time homebuyers because of climbing interest rates and new rules that crack down on who qualifies for a mortgage.

THE CANADIAN PRESS

ers Tax Credit and Land Transfer tax refunds — plus the fact they don't have to worry about selling a home — people wanting to get their feet wet in real estate have an advantage over their counterparts who already own.

But just because the conditions are attractive, Powell and Piche says there are plenty of issues new buyers haven't considered. Plus, purchasing a home can be pretty intimidating. That's where realtors like them can help.

"People have a lot of good questions they're embarrassed to ask," explains

Piche. "But our job is to provide the information they need to know."

Title insurance, says Powell, is something condo buyers don't generally consider. After all, many building owners have taken out insurance on the building. However, explains Powell, that coverage does nothing to protect the private spaces between the hallways and the windows. It's up to the unit owner to insure the contents of the living space — and not just the jewellery and plasma screen. Everything in it — including appliances — should be covered.

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Time to decorate

JENNIFER BILL
for Metro Canada



Decorating your first home can be a daunting task. Especially with little left in the bank after this massive purchase.

Yet like an artist with a blank canvas before him, that new set of house keys gives you the freedom to make your new home your own, your very own palette to reflect your personality.

High design on a budget does not have to mean low quality. There are many stylish pieces to be had that will not stress the bank account — and subsequently a new marital relationship.

"What I have found with first-time homebuyers is they are looking for good value and good quality, without having to settle for the standard catalogue piece," said Leslie Tokayer, broker at Royal LePage Partners Realty.

"They're more savvy about where they spend

Homes in Style

their money and how they spend it, since they just spent a lot on their first home. They want to purchase pieces that can grow with them."

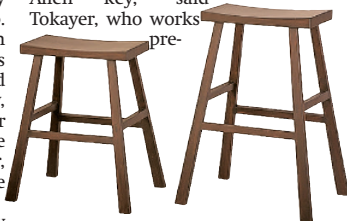
Gone are the days of student living, with stained carpets, movie posters and old-fashioned furniture hand-me-downs.

"First-time homebuyers are no longer decorating with futons, or things you can put together with an Allen key," said Tokayer, who works pre-

dominantly with first-time homebuyers. "They are no longer using their parents' old sofa. They are looking for modern and stylized pieces, art, unique pieces that will express their personality, that are functional and practical."

She says many of her clients this season are choosing dark hardwood on main floors, Berber carpeting upstairs, sectional sofas with chaise lounges and sunweave roller blinds.

Bar stools, while traditionally used at high countertops, can be used as additional seating easily moved between rooms. The **Bamba Stool** is 100 per cent eco-friendly for the eco-conscious new home buyer. Available in counter or bar height in espresso or caramel finishes. Urban Barn, \$199, urbanbarn.ca.



A classic style, yet modern with clean geometric lines make up the new spring **Whisky Collection**, made from 100 per cent eco-friendly birch veneer strips in rich tones of browns, reds and caramels in a matte finish. Pictured are and the **Whisky Queen Bed** (\$1,249), Urban Barn, urbanbarn.ca.



The **Taupe Iron Cage** or **Traditional 60-inch floor lamps** in espresso finish add an inexpensive shine to a room and a stylish hue with its ivory bell shape. Walmart, \$34.98, walmart.ca.



Homebuyers can check out their happy reflections in the **Round, Encircled Mirror** with pieces of natural horn. West Elm, \$79, westelm.com.



The **George Eclipse** is a simple and conservative first 12-piece dining set. Walmart, \$39.97, walmart.ca.

Setting up a home can be hard work

HomeScape

Sylvia Putz

metronews.ca/homescape

If you've just bought your first home, I bet you're learning that the process of setting up a home can be exciting, but also a little overwhelming.

But don't fret. Focus on looking after a few important logistical details first, and then you can enjoy deciding on decor and furniture and all the other delightful stuff.

Before you move in:

- Change or re-key your locks.
- Complete a change-of-address at the post office.
- Transfer or set up new utilities.
- Purchase home insurance.
- Set up automatic mortgage payments with your lending institution if you haven't done so already.
- Ensure you have window coverings in bathrooms and bedrooms at the very least, even if they are temporary.

In those first few weeks:

- Locate the main circuit breaker in the house and label each breaker.
- Locate and know how to operate the main and other water shutoffs in your house.
- Find out how to look after your furnace and any other appliances that need regular servicing.
- Make sure you have working smoke detectors.
- You should have easily

accessible fire extinguishers on each floor of the home, preferably hung on the wall near the entrance to the kitchen and near the entrance to the garage.

• Set up an annual schedule of important servicing or maintenance duties at your new home, so they are not overlooked in the years to come.

• Also have an emergency exit plan in place and make sure all family members know exit plans.

• Purchase and install a carbon monoxide detector if you don't have one.

• Write down and keep important emergency numbers close to the phone.

• Put together a first aid kit for your new home.

• Find out which day of the week is garbage/recycling/compost pickup day. Also find out the rules in your area, and make sure you buy raccoon-proofing straps if you store your garbage outdoors.

• Cut plenty of extra keys for yourself, and your family. Give one or two to trusted friends, relatives or neighbours in case you or family members forget or lose a key.

• Check out the neighbourhood and find the nearest grocery store, drug store, walk-in medical clinic, gas station, hardware store, post office, beer and liquor store, good restaurants, fast food, parks and recreational amenities, and so on.

• Introduce yourself to your new neighbours.

Things you may need sooner or later:

• Assemble or purchase a few basic tools, like hammers, assorted screw drivers and wrenches, a hacksaw, a small drill and drill bits and a tape measure. A stepladder and an outdoor ladder are handy.

• If you've got a lawn or garden, you may also want to purchase a few gardening tools, such as assorted shovels, including a pointed-tip shovel suitable for digging, a rake, a hoe, trowels, a water hose and watering can, gardening or outdoor workgloves, a lawnmower, and an outdoor broom for sweeping off steps and porches. Depending on how much gardening you do, a wheelbarrow can be handy as well. A snow shovel and ice melter or salt will also be a necessity.

Sylvia Putz is a journalist with an interest in decor and design. She's written for TV show *Arresting Design*.
sputz@arrestingdesign.com

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Our Oceans, Our Planet



INSIDE ▶

The Blue Wave

We have come a long way since the Blue Box pilot project in Kitchener – see what the next steps are

page 2

Sustainable Choice

With major partners on board, Loblaw is leading the charge to reduce fish stock exploitation

page 4

Green Tech

After 20 years and counting, Toshiba's commitment to the environment continues through new products and business practices

page 6

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Our Oceans, Our Planet

It was just 30 years ago that the first blue box became a part of life ~ by Ylva Van Buuren

In fact, 250 hand-assembled blue boxes were distributed in a Kitchener, Ontario neighbourhood with instructions to separate bottles, cans, and newspapers out of the garbage so the city could pick them up separately.

"It was a highly successful pilot project... and within 15 years, every household in the province had a blue box," explains Derek Stephenson, President, StewardEdge Inc., and the man who spearheaded the program. Of course, blue boxes are now part of the landscape across Canada, and this kind of recycling has extended throughout the United States (just the colour of the box is different) and into parts of Europe too. Our blue box program is just one example of how Canada has taken a leading role in environmental protection.

"It is crucial that environmental awareness become part of our value system—and that's what has happened," says Stephenson. "People want to do the right thing—and will participate when they believe they are."

Another great example of how change occurs is when Canadians made the link between everyday products such as hairspray and deodorant and the widening hole in the ozone layer. The movement to remove the offending chemicals, called CFCs, led to the

1989 Montreal Protocol, which banned CFCs and ultimately became one of the most widely-adopted protocols around the world!

Environmental awareness—and action—is now widespread, whether it involves purchasing a green product, taking public transportation, changing the type of light bulbs you use, or taking part in activities such as the Green Living Show (this weekend), Canadian Environment Week, and Clean Air Day (in June). Earlier this month, hundreds of millions of people across the globe—a record 126 countries and territories—turned their lights off for Earth Hour in support of the World Wildlife Fund-led initiative.

But challenges still remain and the biggest one is to lighten our environmental footprint across the board. "People need to reduce, reuse, recycle—and re-think," says Stephenson. "It's important to ask yourself: What is the impact of what I am doing, and can I do it with a smaller environmental footprint?"

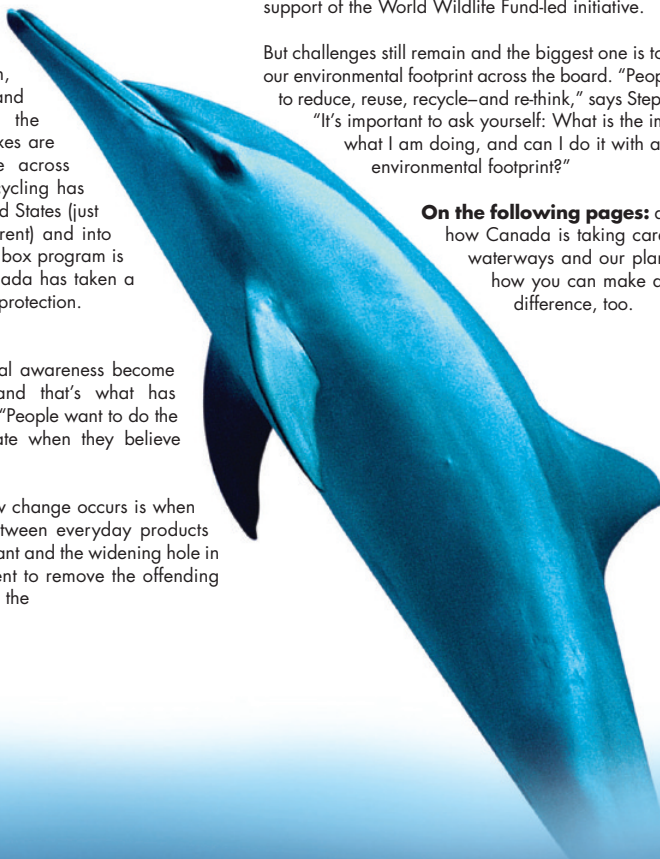
On the following pages: a look at how Canada is taking care of our waterways and our planet—and how you can make a bigger difference, too.

Every Little Bit Counts

If you were one of the more than 10 million adult Canadians who turned off the lights to mark Earth Hour this year, you helped to place this country, once again, at the top of the list for global participation. But organizers say the no-power hour accomplished much more than temporarily shrink the country's electricity load.

The idea, says Keith Stewart, director of the climate change program with World Wildlife Fund Canada, was to put the spotlight on how little changes can add up to make a big difference.

If every Canadian, for example, switched one regular light bulb for an energy-efficient compact fluorescent (CFL) bulb, the World Wildlife Fund estimates it would be equal to taking 57,000 cars off the road. Also, if just nine families regularly walked their kids to school instead of driving them, they could prevent almost 1,000 kg of carbon dioxide from being released into the atmosphere.



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Water, water – everywhere

Programs aim to reclaim our fresh water ~ *by Alex Newman*

"Although it is important today to be aware of how much water you are using and possibly wasting (Canadians consume a whopping 4,400 litres of water per day per person), water quality is becoming a big issue too," says Mark Mattson, director of the non-profit watchdog organization, Waterkeepers. "In fact, water may be a bigger polluter than air," he says.

But when it comes to water, it's not all bad news. Provincial and federal governments have cranked up their efforts to help protect waterways, funding cities to rebuild water system infrastructures that have been neglected with the past several decades of growth, says Mattson.

The Canadian Council of Ministers of the Environment (CCME), a 15-year-old forum for collaborating on environmental issues, has devised a national action plan to increase municipal water use efficiency and to protect drinking water from source to tap.

To address potential water shortages, Agriculture Canada is looking at ways to capture water during spring snow melt for storage behind dams or in reservoirs to use for later irrigation. The ministry is also investigating use of lower-moisture crops and management practices for improving crop production.

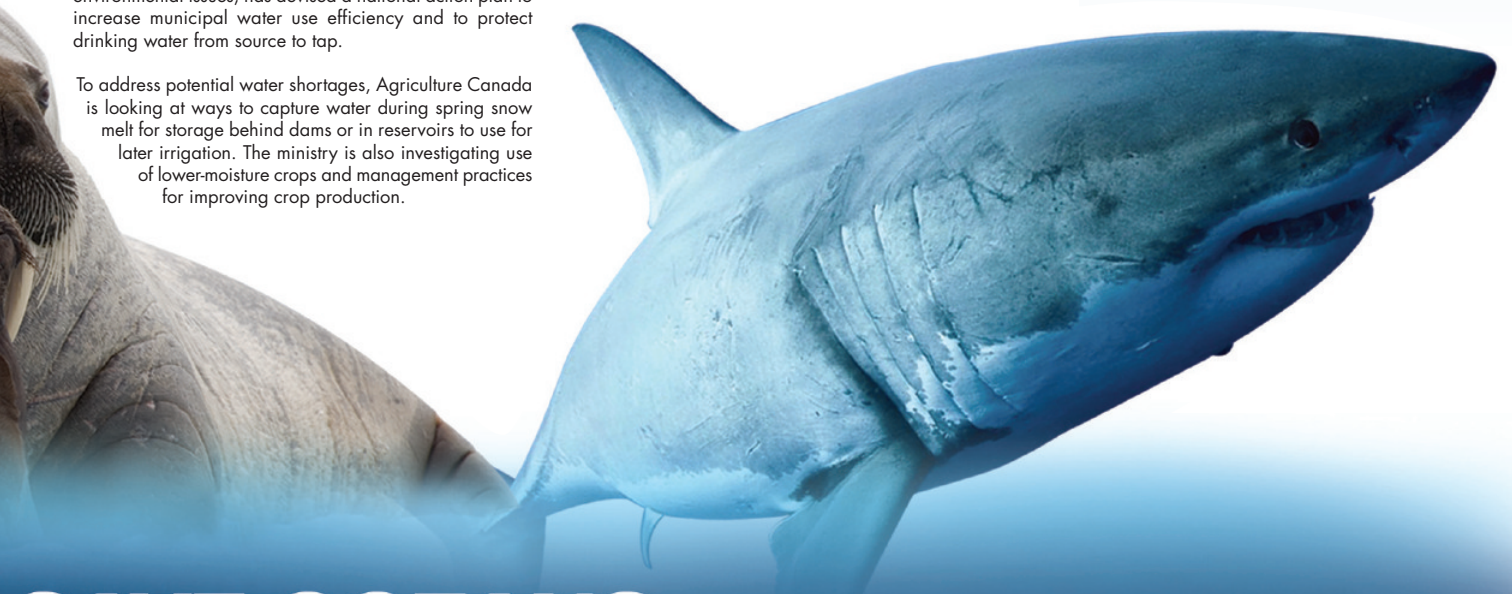
April also marks a major environmental success story in Canada. Mattson explains, "The opening of the causeway gates on the Petitcodiac River in Moncton has launched the biggest fish restoration project in the world and will take the river off the endangered list!"

What you can do:

- Reduce water consumption: run full dishwasher loads, trade in your old toilet for a low flow model, buy a front load washer, collect rainwater for the garden
- Divert waste that can leach into the water table at garbage sites: properly dispose of wet food wastes (in compost), leftover medicines (return to your drugstore who will dispose of it safely), and chemicals such as leftover paint, varsol, etc. (bring to a drop off depot; check your municipality for the location)
- Check out waterkeepers.ca or, better yet, start your own local chapter
- Help clean up shorelines by volunteering for the Great Canadian Shore Cleanup (Sept 18-26, 2010) www.shorelinecleanup.ca

Steps That Add Up

- Turn off the water while brushing your teeth or shaving
- Pass on the plasma TV—it uses five times as much energy as other models
- Unplug electronics when not in use, or use a power bar
- Shower, don't bathe, and keep it short—switch to a low-flow shower head
- Cook with a microwave, electric frying pan, toaster oven or slow cooker rather than stovetop or oven
- Don't shop, swap—organize a book or clothing exchange with friends or make use of online sites such as Kijiji or Freecycle
- Place chairs next to windows for daytime reading
- Try carpooling and telecommuting at work
- Avoid plane travel if possible
- Use a laptop instead of a desktop
- Print on both sides of your paper
- Use a mug at the office instead of disposable cups
- Set up a Walking School Bus for your children's school via www.saferoutestoschool.ca



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Loblaw Offers Sustainable Choice

Local and sustainable sources are Loblaw's top priority ~ by Lori Dance



The world's oceans are facing an unprecedented crisis, with much of the world's fish stock either fully exploited or over-exploited. As well, the impact of carbon consumption is prompting consumers to look closer to home for their produce. Loblaw has taken these concepts to heart by setting goals that address the need for sustainability and environmental responsibility.

In 2009, Loblaw announced a comprehensive sustainable seafood initiative, committing to source 100% of seafood sold in their stores from sustainable sources by the end of 2013; this covers all canned, frozen, fresh, wild, and farmed seafood products in all categories—both private label and national brands.

To help them achieve their goal, Loblaw is partnering with WWF-Canada, the Marine Stewardship Council (MSC), marine scientists, conservation experts, and fisheries. "This initiative is one of the most ambitious and comprehensive steps we have seen from a grocery retailer in Canada and, indeed, the world," says Gerald Butts, President and CEO of WWF-Canada (www.wwf.ca). "When fulfilled, the Loblaw initiative will go a long way to help conserve the well being of our oceans and marine life, setting an important example for other retailers to follow."

The Marine Stewardship Council (www.msc.org) is currently the only certification system that meets all of Loblaw's needs for wild-caught seafood, is global in scope, and is supported by leading international conservation organizations. Loblaw is committed to offering customers sustainable choices and continues to expand their line of Marine Stewardship Council (MSC)-certified products. They now offer 16 MSC-certified products in their stores, the most of any Canadian retailer. As well, as certain species are found to be at risk, Loblaw will temporarily suspend sales in their stores until a sustainable source is found.



For more information on their commitment to sustainability, visit their Facebook Fan Page at www.facebook.com/LoblawSustainableSeafood

University of Guelph Partnership

Loblaw's sustainability efforts don't just end on the shoreline, however. A \$3-million gift in April has enabled the University of Guelph (www.uoguelph.ca) to create the Loblaw Companies Limited Chair in Sustainable Food Production, the centre of the University's research focus on creating robust food production systems through education, research, practice, and outreach. "Working together, we can address the very issues that are at the root of today's global pressures around food sustainability," explains Galen G. Weston, executive chairman of Loblaw Companies Limited. "Through this initiative, we believe we can help to increase Canada's capacity to produce food sustainably, train tomorrow's industry leaders, contribute to policy development, meet consumers' needs, and nurture our environment. It represents the defining strategy for Loblaw over the next two decades."

Grown Close to Home™ program

To address the demand for locally grown produce, Loblaw supports local Canadian farmers and economies to bring Canadians exceptional flavours of produce picked at its peak. They partner with more than 400 growers across Canada. Over the past two years, the Grown Close to Home™ program has increased produce sales by more than 16% during the local harvest period.

Reducing the Carbon Footprint

Loblaw's commitment to waste and emissions reduction

It may surprise you to know that the grocery industry deals with the issue of waste on a daily basis in the form of wood pallets, plastic and cardboard packaging, glass bottles and cans, plastic shopping bags, and food that goes bad and runs short of its code life. As well, the amount of fuel necessary to transport goods through the supply chain has a significant impact on a supermarket's carbon footprint.

Since 2007, Loblaw has been working towards diverting 70% of their generated waste away from landfill, a goal that has already been achieved in their Atlantic corporate stores. Their approach is to focus on the areas where we can make the biggest impact: reduce, reuse and recycle where we can; use our own brands to innovate and drive change; and collaborate with municipalities, private industry and other key stakeholders to build infrastructure and markets.

In 2009, Loblaw introduced new initiatives to reduce their carbon production from the transportation of goods through their supply chain. Bunk heaters in tractor cabs keep drivers warm in the cold winter months, lowering fuel consumption from 4.0 litres per hour (when a tractor idles) to 0.2 litres per hour. Multi-axle trailers for their primary freight routes in Ontario and Quebec enable trucks to pull more weight using the same power source. In 2009, they recapped 80% of their tires instead of replacing them (production of a new tire uses approximately 83 litres of oil, while the recapping process uses only 26 litres). And finally, they reduced the maximum speed limit for their fleet to increase fuel efficiency, reduce wear and tear on equipment, and mitigate the risk of accidents.



To address the issue of food spoilage, Loblaw established partnerships with two companies in developing biogas facilities that will convert organic waste from select stores into a renewable energy source. As well, they have well-established processes for reclaiming unsaleable products and sending them to food banks whenever possible.

In 2009, Loblaw enlisted the help of their customers in reducing waste by no longer providing complimentary plastic shopping bags at checkout. In 2009 alone, these actions led to a 55% reduction in the use of plastic bags coming from their stores.

Minimizing the carbon footprint of the grocery industry is an incredibly daunting task. The challenges supermarkets face in mitigating their waste and fuel expenditure are often too easy to overlook and simply ignore in favour of maximizing their own bottom line. It's good to see a company such as Loblaw take steps to reduce its environmental impact.

Saving Energy in Loblaw's Supermarkets

Approximately 73% of Loblaw's carbon footprint is the result of the energy used in stores, distribution centres, and offices. Some of the energy efficiency improvements made at new and existing stores include:

- Replacing open freezers with closed-door units that reduce the amount of air that escapes
- Adding pull-down curtains to refrigerated cases
- Upgrading lighting systems to include motion-activated LED lighting in freezer cases and in low traffic areas of the store

- Installing automatic energy management systems which reduce lighting and energy use during hours of non-operation and ensure that mechanical, electrical, and refrigeration systems operate at maximum efficiency

Award Nominees Pave the Environmental Way

Environmental awards are a great way to learn how to make changes that make a difference ~ *Gilda Swartz*

The 2010 Green Toronto Awards, for example, recognize individuals, organizations and companies that are leading the way to a cleaner, greener and more livable city. Nine winners will be announced at the Green Living Show in Toronto on April 23. Here is a close-up look at three of the 27 nominees – what makes them special and how you can follow their lead. For more information, visit www.greenlivingonline.com

Turn nature into your playground

Most of us don't have easy access to fields and forests. That's why Bienenstock Natural Playgrounds (BNP) creates play areas that include fallen logs, hills, boulders and native plants. Bienenstock playgrounds, which meet all safety standards, are in parks, at childcare centres, YMCAs and other public spaces across Canada.

What you can do:

Take a hike – or bike – on your nearest nature trail. Include a nature guidebook and check out trees, insects and wildlife. Keep a list of what you see along the way.

Make your community more livable

With the help of 10,000 volunteers Evergreen, a national charity, has planted more than 50,000 trees and shrubs in Vancouver, Toronto and other urban centres, helped 140 youth turn 18 barren plots into wildflower gardens, and is transforming Toronto's once-deserted Don Valley Brick Works into an environmental centre. Evergreen offers grants, resources and workshops to people who want to green their communities.

What you can do:

Volunteer at a community garden or a tree-planting event. Support local food producers by buying their fruits, vegetables, wines and cheeses. Donate money to environmental programs.

Conserve and win

Wilmar Court is a seniors' housing project with young ideas about sustainable living. The 72-unit apartment in Scarborough, Ont., installed solar panels to pre-heat its hot water. Organic mulch enriches the grounds, and low-energy bulbs light the building.

What you can do:

At home, use biodegradable soaps and cleaners, buy compact fluorescent bulbs, use rain barrels to collect rainwater run-off, choose low VOC paints, mulch your garden naturally and install energy-efficient toilets.



Nature is powerful.

Bring the power of plant-based cleaning ingredients into your home with Green Works™ All-Purpose Cleaner. It's tough on grease and grime, but made with 99% natural ingredients. So like all Green Works™ products, you can trust it to clean effectively with no harsh chemical fumes or residue. Visit Clorox.ca to learn more.



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Other Green Awards

- Earth Day Canada recognizes the importance of personal environmental achievement with their Hometown Heroes Awards
- The Royal Canadian Geographical Society and 3M Canada has a Canadian Award for Environmental Innovation to celebrate individuals involved in a project that protects, restores, or preserves the environment

Taking a Greener Initiative

Toshiba Canada practices what they preach ~ by Lori Dance

We've all read about how companies are rolling out new product lines that use less energy and are better for the environment. But how far are they willing to go to prove their commitment to the environment when nobody else is looking?

"Toshiba has a 20-year history of environmental commitment and takes a long-term approach to helping better the environment by setting goals well into the future—such as the Toshiba Group's global Environmental Vision 2050," says Ralph Hyatt, President and CEO of Toshiba of Canada. "Based on the Kyoto Protocol, this program promises to improve our eco-efficiency by a factor of ten over the year 2000 through strict monitoring of our energy usage, manufacturing process improvements, and eco-conscious product development that will help make a difference today and for future generations."

The Toshiba Environmental Vision 2050 program seeks to reduce emissions of carbon dioxide by the equivalent of 117.7 million tons per year by 2025 and raise overall eco-efficiency tenfold by 2050 (compared to 2000). Just two years ago, 51% of Toshiba sites worldwide achieved zero emissions of waste, and 89% of Toshiba products did not contain any of a list of 15 harmful substances, including PCBs, Ozone-depleting substances, Cadmium, Lead, and

Mercury. And two years from now, Toshiba has set a target to achieve zero emissions of waste at all Toshiba sites worldwide, and 100% of Toshiba products will be free from 15 harmful substances.

Potential suppliers take a stringent, 22-point environmental performance survey, and priority is then assigned to companies with the highest survey scores. This not only results in greener products, but it also gives suppliers the incentives and resources needed to improve their environmental practices.

Their commitment to the environment doesn't just end at the manufacturing stage, however. At their Markham head office, employees receive a reusable mug when they begin their employment, and china and biodegradable containers have replaced Styrofoam in their cafeterias. Electronics and lights are turned off when not in use, programmable thermostats have been installed throughout the building, and employees are urged to exercise responsible printing practices (when printing is necessary, double-sided is the way to go). Their current average

percentage of waste that goes to the landfill is 12.4%—by the end of this year, they hope to meet the Toshiba corporate global objective.

Toshiba's sponsorships also demonstrate their sense of environmental responsibility. In the past, Toshiba of Canada has partnered with Scouts Canada to provide a "Leave No Trace" environmental education program for leaders and youth and, this year, Toshiba is sponsoring the Hugh Garner Housing Co-Operative Green Roof program, providing over 70 trees and shrubs for what will be the largest residential green roof in Ontario. Toshiba employees have also organized a park clean up at Milne Park and have planted trees as part of the "Trees for Tomorrow" program in Markham.

So what does the future hold for Toshiba's commitment to the environment? Well, it appears as though they've set the bar pretty high for themselves, both internally and in their public practices. It will be interesting to see how they manage to reach these lofty goals and make new ones in the years to come.



Lowering Your Energy Bill

Electronics go environmental in this year's Toshiba lineup

It's April 22 again, and you're likely hearing the same old green tips: Use compact fluorescent bulbs. Turn off the water when you're brushing your teeth. Turn on only what you're using. But did you know that upgrading your electronics is one way you can help save the environment? We took a look at a couple of products from Toshiba's lineup to see how we can justify the purchase of some shiny new toys...

If you're in the market for a new television, you're in luck. All REGZA TVs from 2009 onward have earned the ENERGY STAR label which, in 2010, raised its requirements from the previous ENERGY STAR 3.0 to 4.0 to limit power consumption in On and Standby modes—simply put, they use less energy, which saves both money and environmental impact.

In fact, Toshiba's current REGZA lineup of 2010 LED backlit TVs use 30–42% less energy than the previous LCD series that used CCFL (Cold Cathode Fluorescent Lamps) for backlighting. As well, if you're looking to make the leap to a brand-new slimmer and lighter LED TV, you can justify your purchase with the fact that TVs with LED backlighting are mercury free, emit less heat, and are more energy efficient than their predecessors—and all current REGZA TVs contain recycled plastics from old TVs!

If it's a notebook you're after, it may interest you that Toshiba Consumer and Commercial notebooks from 2010 onwards are EPEAT (Electronic Product Environmental

Assessment Tool) Gold and Energy Star 5.0 certified, which means that they contain reduced levels of cadmium, lead, and mercury—and they're more energy efficient and easier to upgrade and recycle.

The Portégé R600 notebook from Toshiba has an LED backlit display, the latest CPUs, and the use of a solid state drive, which translates into low energy consumption and a longer battery life. As well, the factory in which the Portégé series is manufactured recovers and recycles waste generated during the manufacturing process.

So whether you're looking for a sleek new TV that's easier on the eyes (and your energy bill) or you'd like to pick up a notebook that goes longer between charges, it looks like Toshiba's lineup this year has what you're after. And it's better for the environment. So go ahead and spoil yourself.



Recycle Your Electronics for Free

The TERRE program does the legwork for you

When non-functioning electronics are simply thrown out, they are sent to landfills where toxic elements can seep into our ecosystem and can pose a significant risk to our health and the environment. But did you know that there's a program in Canada that allows you to recycle your old products with just a few keystrokes?

Toshiba's Environmental Recovery and Recycling Effort (TERRE) is a program that will pick up your non-functioning notebook computer, projector, LCD monitor, or Pocket PC (regardless of manufacturer) and ensure that it is disposed of in an environmentally respectful manner—at no cost to you.

The components of your electronics are separated to maximize their usefulness in their next application: Plastics are recycled into useful materials such as building foundation pads, agricultural containers, and plastic lumber; circuit boards are smelted; and metal portions are reprocessed into basic commodities such as copper, aluminum, and steel.

On a global level, Toshiba is targeting the collection and recycling of 146 million pounds (73,000 tons) of e-waste in 2010. For those products that can't be reused or recycled, Toshiba will facilitate safe and proper disposal.

Simply visit www.toshiba.ca/terre for more information and instructions on how to recycle your electronics easily and responsibly.



Leading innovation leads to a better world.

When it comes to building our award-winning products, we believe less is more.

So we minimize waste and use recycled materials wherever we can, while constantly looking for ways to reduce energy consumption. Our own recycling programs keep discarded technology from fouling the soil and atmosphere, as does our devotion to worldwide environmental initiatives. Plus, we check to see that the people who make the materials that go into our products follow earth-friendly practices just as we do so we can all enjoy the latest technologies amid a cleaner, more sustainable world.

Toshiba.ca/environment



TOSHIBA
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Waste is a concern for Loblaws and for our industry. We have more than one thousand stores that generate waste in many forms, including, up until recently, millions of plastic shopping bags, most of which wound up in landfill. In 2007, we pledged to divert one billion plastic bags from landfill by the end of 2009. But that's not all we are doing. The company

launched a comprehensive store-level waste diversion program with a goal of diverting 70% of waste from landfill.

A responsible approach to business is part of what we do everyday. We care about the impact of our operations and believe that Loblaws can make a difference in ways that are good for the environment and good for business.

We are committed to reducing our environmental impact by finding effective ways to divert waste from landfills. We aim to inspire and help our customers, suppliers and others to do the same.

Here are some of the targets we have been focusing on and our achievements.

GALEN G. WESTON
EXECUTIVE CHAIRMAN

waste diversion

Since 2007, we have been working towards our goal of diverting at least 70% of waste from our stores and distribution centres nationally from landfill.

1.3 billion
plastic bags diverted from landfill

Thanks to the tremendous response of our customers, who shared our concern for protecting the environment, we achieved our goal of diverting more than one billion plastic bags from landfill.

organic waste used to produce energy

In 2009, we established partnerships with two companies developing biogas facilities that will convert organic waste from select stores into a renewable energy source

energy from the sun

In 2009, we participated in the Ontario rooftop photovoltaic (PV) project following the provincial government introduction of the feed-in tariff (FIT) program to encourage green energy initiatives. The program offers stable prices under long-term contracts for energy generated from renewable sources, such as bio-energy, solar PV and wind.

In 2010, we will execute four rooftop photovoltaic projects in Ontario.

grown close to home™

As a proudly Canadian company, we are committed to supporting local Canadian farmers and economies and to bringing Canadians the exceptional flavours of produce picked at its peak.

sustainable sourcing

In 2009, we launched a comprehensive sustainable seafood initiative; committing to source 100% of seafood from sustainable sources by year end 2013. This commitment covers all canned, frozen, fresh, wild and farmed seafood products, in all categories, private label and national brands.

To help us live up to our commitment, we are partnering with WWF-Canada, MSC, marine scientists, conservation experts and fisheries.

Catrrall dons cancer T-shirt

Actress Kim Catrrall will be donning the famous target T-shirt as the face of the annual Fashion Targets Breast Cancer campaign. This year's Joe Fresh Style Fashion Targets Breast Cancer T-shirt will be sold at Loblaws store throughout Canada in May. **METRO NEWS SERVICES**

27

Style



Earth-friendly shoes

Even when the heels are worn down and there are holes in the soles, it just doesn't feel right to throw away something as substantial as a shoe. Now you don't have to. Timberland has come out with a boat shoe for men that can be taken apart for recycling when you're done wearing them. The soles are made from 42 per cent recycled tires and the linings come from recycled bottles and organic cotton. Earthkeepers2.0 boat shoe sells for \$120 and are available at Town Shoes. **TORSTAR NEWS SERVICE**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fashion embraces older models

Runways reflect the hunt for newness and newsworthiness

Among the more avant-garde looks shown on the runways of New York, London, Paris and Milan was one that seems ho-hum in real life: grey hair.

More mature models — some even in their, gasp, 40s — were stars at the previews of fall styles. And in the fashion world, that's a radical turn from the use of models not old enough to drive a car, let alone wield a credit card.

"I wanted something different," said Francisco Costa, creative director for the Calvin Klein Collection. "I wanted a cast that really represented a customer I design for, and that's not really a 16-year-old."

Costa hired grey-haired Kristen McNamany, who also

appeared at Viktor & Rolf, as well as '90s sensations — and now mothers — Stella Tennant and Kirsty Hume.

Marc Jacobs, widely considered the most influential American designer, cast 47-year-old Elle Macpherson in his Louis Vuitton show, along with Bar Refaeli and Alessandra Ambrosio. Trendsetting Miuccia Prada used Ambrosio, Isabella Fontana, Doutzen Kroes and Miranda Kerr — all best known as voluptuous Victoria's Secret

models and all in their mid-20s, a relatively advanced age for runway models.

It's a smart move by the fashion industry to make itself more relatable to consumers. Costa acknowledges that the tough retail climate has helped force design houses to speak more directly to their customers.

It also may help counter perennial complaints about skinny models. It's said that age brings wisdom; it also usually brings curves.

The more mature look was on trend with the chic, retro styles shown for fall, so helping models' health may be icing on the maybe-not-entirely-fat-free cake.

with compassion," says Fish, who helped the Council of Fashion Designers of America launch its health initiative back in 2007. "But I think the compassion came first, and then the fashion suited these bodies. I loved seeing these bodies in Prada. We're always looking for trends at Prada, and seeing Victoria's Secret girls on the Prada runway woke up a lot of people about what a woman should look like."

Older models have had far more success in print, where 41-year-old Christy Turlington and 39-year-old Claudia Schiffer, for example, still star in top-tier campaigns. But while ads have always been specifically crafted to sell something, the runway had been about fantasy.

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"The woman who puts my clothes on needs a certain level of sophistication," says Costa. "We wanted to acknowledge women who have always worn our clothes, women with their own identities, have full lives, have kids."

Still, Nian Fish, creative director at fashion-show powerhouse producer KCD, says designers, stylists, casting agents and modelling agents all collectively heeded the call to put forth a healthier image.

"This is fashion coupled

The Calvin Klein fall 2010 collection modeled during Fashion Week in New York. The more mature look was on-trend with the chic, retro styles shown at the fall fashion shows this year. Left: A fall 2010 creation by designer Marc Jacobs for Louis Vuitton.

DAVID J. PHILLIPS/THE ASSOCIATED PRESS

Hit the mall with your extra cash

DENISE SURETTE
for Metro Canada

**RefundFun**

Tax season is coming to a close and you may have your refund money burning a hole in your pocket.

No matter how big or small your refund may have been, the mall is usually the first destination to spend that extra cash.

If a new wardrobe or a few key pieces are what you're looking for this spring, here are a few style ideas to keep you trendy this spring.

**\$50**

Dressing up your best friend in a fine leather collar will make your dog feel like the cat's meow.

For \$50, you can accessorize your pet with a rugged collar with metallic bone details, available in a number of sizes from Bark and Fitz. For a little less money you can find embellished collars in a variety of colours and patterns.

**\$125**

A sexy pair of Jessica Simpson pumps from Town Shoes is a perfect way to update your favourite outfits. "Peep toe platforms are great on sky high heels because your foot is raised and not on an angle," says Crissi Giamos spokesperson for Town Shoes. "This shoe is perfect with a pencil skirt."

**\$350**

Investing in a quality leather jacket is a great way to put your refund money to good use. Danier's men's black leather bomber jacket can carry you through from fall to spring in style. "It will instantly update your wardrobe with this season's hottest trend, leather," says Jennifer Steckel Elliot, VP of marketing for Danier.

\$1,000

If you want to go all out and treat yourself to the ultimate spring accessory, stop by Holt Renfrew and pick up a Michael Kors marine-blue leather tote for \$1,000. With gold tone hardware, a hanging logo plate, tassels and a cinched knotted top, this tote is luxury in a handbag.



Synthetic-leather
flat sandals
(\$19.50, at Old
Navy)



PUNCHY PINK

Supercharged fuchsia screams fun!

ADVICE Hot hues add fun to any outfit, and orange, pink and red are at the top of the season's list. Fuchsia—solid or print—looks great with white, beige or soft grey. If your outfit's full-on fuchsia, finish it off with contrasting accessories in a neutral shade, like tan, caramel or black.

Slim cotton skirt,
American Apparel
(\$62, americanapparel.net)



Fringed
cotton
scarf (\$22, at
Le Château)

Zip-front polyester jacket,
RW&CO. (\$58, rw-co.com)



Cotton bag
(\$17.50, at
Gap)



Cotton knit
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Tommy
Hilfger (\$85,
1-888-338-6669)



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Tetley recently announced its commitment to sourcing exclusively from Rainforest Alliance Certified tea farms. Canadians can now enjoy Tetley blend teas produced in a way that respects the environment and tea workers. **METRO NEWS SERVICES**

Go Green



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EDITOR: BEN.RYCROFT@METRONEWS.CA

Going Green in brief

BOATING When choosing cleaning products for you boat this summer, look for the EcoLogo label which is a registered mark of Environment Canada. These products have been assessed

for their environmental impacts across their entire life cycle and are considered to be the "best in class". For more information about EcoLogoM visit the ecologo.org. **METRO NEWS SERVICES**

Preparing for end of cheap oil

Noted economist, predicting major economic changes ahead

BEN KNIGHT
for Metro Canada



Jeff Rubin is a prominent economist with a sharp eye for oil prices. When the former chief economist at CIBC World Markets thinks ahead to 2012, he sees big changes.

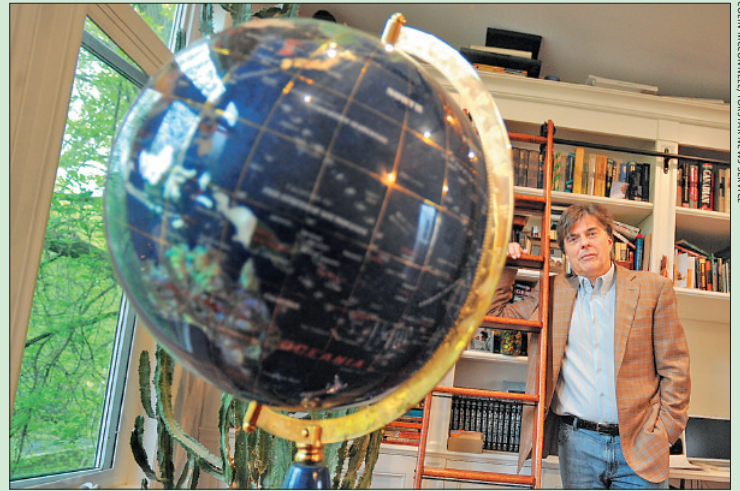
"Forget the avocado salad in February in a world of \$200 a barrel oil," he warns.

Rubin — who'll be taking part in a high-profile business forum at this weekend's Green Living Show in Toronto — is the author of *Why Your World is About to Get a Whole Lot Smaller*, an intriguing look at life in a world of declining oil supply.

"I believe in the power of prices," Rubin says. "I believe that triple-digit oil prices are going to change the way we live, and change the way our economy is structured. And while undoubtedly we'll be making a lot of sacrifices from our very oil- and energy-dependent former lifestyle, we just might find that there's more than a few silver linings in these changes."

Two hundred dollars a barrel will mean \$7 a gallon for gasoline. Rubin predicts our lives will become more localized, with sharp reductions on international air travel.

"These flight disruptions being caused now by the volcano in Iceland — this is exactly the way it's going to be when oil is \$200 a



Jeff Rubin, former chief economist at CIBC, sees changes coming to the way we import food.

barrel," he notes. "There aren't going to be as many people flying — or airlines. Flying is going to go back to what it was in the 1960s and '70s: A pretty expensive thing that you only do for pretty special occasions. So, instead of going to Machu Picchu or the Serengeti, we'll be going to Algonquin Park."

Rubin also foresees huge changes in what Canadians import — and from where. "We're going to eventually go back to diets far more similar to our parents'," he says.

"When I was a kid growing up in Toronto, if you wanted blueberries and raspberries in January, you went to the canned goods

section. We're not necessarily going to do this to save the planet, but simply because with the transport costs associated with moving and refrigerating food around the world, we're not going to be eating lamb chops from New Zealand."

The good news? Canada's manufacturing and agricultural sectors should rebound handsomely as imported goods become prohibitively expensive. And the Canadian dollar should strengthen, as well.

"Whether we want it to or not, the Canadian dollar has become a petro currency. And the more that the tar sands becomes tomorrow's Saudi Arabia for U.S. oil consumers, the more we're going to be a petro currency. That's going to take the Canadian dollar to places she's never been. If oil goes to \$200 a barrel,

Green Living



• Jeff Rubin, Van Jones, Clara Hughes and John Bell will be among the keynote speakers at this weekend's Green Living Show — hosted at the Direct Energy Centre in Toronto.

and we start pulling 4-million barrels of oil a day out of the tar sands, the Canadian dollar is going to be at a 20 percent premium against the U.S. currency."

So even though prices will be driven up, the stronger Loonie should offer a hedge against inflation.

"It will help," he says. "It will reduce the price of imports, but I suspect we won't be importing that much."

Rubin remains optimistic, despite the magnitude of the changes he's predicting.

"We're going to be home a lot more. We're going to become more aware of our own local environment. I'm not going to pretend that we're not going to have to make sacrifices, but I'm just saying that it doesn't have to be 2012: Apocalypse Now."

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Canadians slip on Green Home Index

The second annual Canadian Green Home Index, developed by Environics Research for Home Depot, reveals that Canadians score 56.6 out of 100 on environmental initiatives and actions taken at home, down 3.4 points from last year's Index. **METRO NEWS SERVICES**

earth day: april 22 **31****Go Green**

New York buzzing

Urban beekeeping experiencing renaissance

ELISABETH BRAW
Metro World News

Guillermo Fernandez's garden is ready, the hive set up. Now the New York marketing executive is just waiting for the arrival of 50,000 bees.

"It's so soothing to see the connection between bees and flowers", explains Fernandez. "And I wanted to do something for the bees. So much of our food depends on pollination, but one quarter of US bees have died."

Fernandez joins a growing number of New Yorkers who are becoming hobby beekeepers since the practice became legal in April.

His colony of 50,000 honeybees arrives on May 8.

Other large cities, too, are bustling with the sound of bees.

"Beekeeping is going through a renaissance,"



Urban beekeepers in New York became legal in April.

notes Norman Carreck, Scientific Director of the International Bee Research Association. "People realize that without bees, we'd be without most of the in-

teresting things we eat. And they've learned that it's perfectly possible to keep bees in urban environments, including balconies and rooftops."

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Energy saving tips made easy

With spring and summer hopefully just around the corner and old man winter waving good-bye, make sure your energy smarts do not get packed away with the winter parkas.

Using less energy, or "conserving," is easy for any season. Here are a few tips that anyone can do to help use less energy and save a bit of money on their power bill.

Spring and summer are perfect times to get outside and save:

- Why use a dryer when you can hang your clothes outside on a clothesline? It will save you up to \$8 a month.
- Spending time outside of your home and in the sunshine will not only make you feel better, but will mean you're likely using less energy inside.
- Once temperatures start to rise, staying cool can cost a lot more than you think. The

average room air conditioner costs between \$2 and \$3 a day. To reduce your energy consumption and save money, choose an ENERGY STAR® air conditioning unit. They are up to 70% more efficient than older models.

- Better yet, close your blinds during the day to keep the heat of the sun out and your room temperature low. This will allow you to keep air conditioning to a minimum.
- An inexpensive way to keep you cool on warm days is with a ceiling fan or portable fan. Ceiling fans cost about 15 cents a day, while portable fans cost double that. Keep this in mind: fans don't actually cool the air temperature, but rather make the air feel cool to your skin. Remember to turn off your fan when leaving the room for an extended length of time.

And, no matter what the weather, here are a few more tips to try:

- Switch to CFLs for your inside and outside lights - save \$50/bulb
- Turn off appliances, electronics and lights when you leave a room - save \$100/year
- When leaving the room for an extended period of time, turn your electronics and appliances completely off with the use of a power bar - save \$100/year
- Wash with cold water - save \$100/year
- Unplug your second fridge when not in use - save \$150/year
- Turn your heat down five degrees when you go to bed or leave, or install a programmable thermostat to do it for you - save \$100/year

Take these steps to save energy, money and the environment. For more ways to save energy, visit www.nspower.ca/energysavings



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Leonard Nimoy is ready to beam into retirement. The 79-year-old actor, best known for his iconic performance as Spock on the original Star Trek, told the Toronto Sun he plans to retire from acting after his final appearance on Fringe later this season. **TVGUIDE.COM**

Nimoy ready to retire

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Celebs to wed

Carrie Underwood and Mike Fisher have set a wedding date. Sadly, though, it's "not one that we're openly talking about," she said on *The Ellen DeGeneres Show* yesterday. **USMAGAZINE.COM**

Nikki is a star on the rise

Caribou

Album: *Swim*
Label: Merge Records
Rating: ●●●●●

CARIBOU IS THE current alias for a Dundas, Ont., musician by the name of Dan Snaith. He's now living in London, England, where he obtained a doctorate in mathematics while building a cult-like following for his laptop musical pastiches of electronic psychedelia. A couple of years ago, he ventured into making music (mostly) with real instruments and band members. The charming alt-rock result was called *Andorra* and won him the 2008 Polaris Music Prize for best Canadian album of the year. His new release, *Swim*, merges the old electronica with new alt-rock. The wonderful effects are held together by an innate sense of rhythm that only a math master can have and Snaith's secret love for funk. Give it a chance. It's more accessible than you may think.

Graham Rockingham/for Metro Canada

Nikki Yanofsky

Album: *Nikki*
Label: Universal
Rating: ●●●●●

WHILE THE VANCOUVER Olympic anthem *I Believe* helped propel Montreal's Nikki Yanofsky into

the spotlight, the song did a disservice to the up-and-coming singer. That bland, Celine Dion-ish track did nothing to show off Yanofsky's incredible range, fluid voice and jazz tendencies. Her debut is a solid collection of jazz covers and laid-back tunes. George and Ira Gershwin's *I Got Rhythm*, with its hyperactive scatting, is perfect for Yanofsky's big voice; she's not as strong on the slower tracks, such as *Grey Skies*, but there's no question she's Canada's next big singer.

Bryan Borzykowski/for Metro Canada

Taylor Hawkins

Album: *Red Light Fever*
Label: Sony Music
Rating: ●●●●●

DAVE GROHL MAY have the best sense of humour in the Foo Fighters, but drummer Taylor Hawkins isn't far behind. He named his band the Coattail Riders and on the first track of his new disc he hilariously adds a high-pitched Queen-like harmony to this riff filled hard rock track (with help from Queen's Brian May). The album is what you'd expect — loud guitars, catchy melodies, a mix of rock and pop. Unfortunately, beyond a few funny moments, there's nothing great about the record. It's all fairly even keel rock. It's not a bad side project, but he's lucky he has a secure day job.

Bryan Borzykowski/for Metro Canada

The Cheap Speakers

Album: *The Cheap Speakers*
Label: Independent
Rating: ●●●

WHILE THE CHEAP Speakers are spirited, sincerity unnervingly combats with overreaching on this six-song debut. Pulling from



AlbumReviews

music@metronews.ca

She isn't used enough, however, resulting in a few great moments swallowed up by dudes striving too hard. As Ned Flanders sagely hollered, "A man can't live in good intentions." Well, nor can he listen to them.

Keith Carman/for Metro Canada

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Plants & Animals

Album: *La La Land*
Label: Secret City/EMI
Rating: ●●●●●

I'VE HAD TROUBLE understanding the allure of *Plants and Animals*. The Polaris-nominated *Parc Avenue* was too indulgent for



Nikki Yanofsky's debut album is a solid collection of jazz covers and laid-back tunes.

me and I couldn't get past some of their Radiohead-ish instrumentation. Fortunately, the new disc is better, though the band still needs to work on a few things. It's louder, they employ the electric guitar more and their best tracks are here. The *Mama Papa*, for one, is a fantastic rock song that's crisp, short and made for radio. Tom Cruise on the other hand is too brooding, sluggish and at nearly five minutes, it gets a bit repetitive. It's a good followup, but this band still has plenty of room to grow.

Bryan Borzykowski/for Metro Canada

Roky Erickson With Okkervil River

Album: *True Love Cast Out All Evil*
Label: Anti-
Rating: ●●●●●

THIS COLLABORATION BETWEEN two sets of Texans may seem unlikely, but there's

strong chemistry here between 13th Floor Elevators' Roky Erickson and indie favourites Okkervil River. Some of the songs are nearly 40 years old, and Will Sheff arranges each one to suit the burnt out psych rocker's rusted, weary voice. Ranging from country twang to garage to sprawling orch pop, Okkervil River adjust their sound to match his personal tragedies. The source material is enough to warrant a listen (shock treatment, mental illness and imprisonment), but this partnership has the legs to blossom into more than just a one-off.

Cam Lindsay/for Metro Canada



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Cancer Bats cover Beastie Boys classic

BRIAN TOWIE
Metro Canada

They've got three successful Canadian albums, Juno and Kerrang! award nomination, but what Cancer Bats really needed was an iconic hit everybody knew.

The Toronto metalhead quartet, famous for their terror inducing name and frontman Liam Cormier's

screaming vocals, decided to roll the dice by covering the Beastie Boys' classic track *Sabotage* on their album *Bears, Mayors, Scraps & Bones*, which dropped earlier this week.

A risky proposition for a band that, while successful domestically, has yet to really blow up on the world stage: Cormier said the band didn't realize they were treading on

such hallowed ground until they did it.

"Well, we came upon it a lot more innocently than people might think," he said. "We just started playing it at live shows. It was a really ballsy cover to take on. I realize that more in hindsight. We we're looking for a cover to add to our set, kickstart the party and do something recognizable for people who haven't

seen us a whole bunch."

It's gone over so far if the critics are any indication — saying that the cover did the track justice with its adrenaline-filled intensity. Indeed the rest of *Bears, Mayors, Scraps & Bones* has been called the Bats' best album to date and the one truest to their in-your-face live shows.

"We wanted to learn from every single mistake



Bears, Mayors, Scraps & Bones is the new album from Cancer Bats.

we had made from previous records and just crush this thing," Cormier said. "From day one, we were

more rehearsed and ready well in advance. And we're super-stoked about what we've done."

Oz prequel on the way?

It could happen, according to the LA Times, which is reporting that Disney has put a Wizard of Oz prequel on "a fast track of sorts" with Robert Downey Jr. in talks to star as the wizard, and Sam Mendes on the short list to direct. **EW.COM**

Lost in a sea of beauty

Oceans

Directors: Jacques Perrin, Jacques Cluzaud
Stars: Pierce Brosnan (narrator)
Classification: G
Rating: ●●●●

PHIL BROWN
for Metro Canada



Following the success of the last year's *Earth*, Disney's new documentary label has produced another mammoth non-fiction effort entitled *Oceans* (no points for guessing what it's about).

Shot over four years with new underwater filmmaking technology created specifically for the project, *Oceans* is an undeniably impressive technical achievement.

Stunning footage of sea life that was never possible to capture before will certainly thrill audiences even if the movie never amounts to more than an impressive showreel for new technology.

Fortunately, it's difficult to be bothered by that too much when watching all of the extraordinary footage projected on a giant screen.

With its Earth Day release date, the film obviously offers some well-timed environmental messages about the pressing need to take better care of our environment.

Disturbing satellite footage highlighting a black polluted runoff pouring into the oceans will disgust many viewers, while Pierce Brosnan's soothing British voice spells out the dangers of these issues in no uncertain terms.

However, the film doesn't really offer any compelling argument to justify all of the political finger wagging and heart string-pulling footage of adorable



Oceans showcases some of the most stunning footage captured underwater.

Thursday screentimes for *Oceans*

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animals.

The movie is merely a collection of the most impressive images a massive crew of underwater filmmakers could capture with a near limitless budget and production schedule.

The result may boast a significant "wow" factor, but it's a shame that no one bothered to come up with a concise theme or structure to give it all a clear meaning.

There is a nice message about nature conservation and the majesty of the great blue yonder to be found in *Oceans*. It's just difficult to determine what specific arguments the filmmakers want to impart on the viewers. The movie is aimed at



children and they shouldn't mind quite so much about the questionable substance.

All they'll care about are the pretty blue images of

ocean life that the filmmakers deliver for 85 minutes.

An unfocused documentary, but also an undeniably beautiful one.

Going green at a theatre near you

ADAM NAYMAN
for Metro Canada



Every holiday has its canonical film, *White Christmas* to Halloween.

But Earth Day may be the only red-letter date on the calendar whose cinematic standard is a documentary: Davis Guggenheim's 2006 Oscar winner *An Inconvenient Truth*.

Whatever one's feelings may be about Guggenheim's Powerpoint-style aesthetics, his film's massive box-office success instigated a boom period for the production and distribution of environmentally themed documentaries.

"The scene has exploded," says Kathleen Murphy, the director of programming for the Toronto-based Planet in Focus Film Festival, which takes an annual survey of ecologically-minded non-fiction films (this year's edition runs Oct 13-17).

"People have always tried to make movies about these issues, but there is more interest now, and so there is also more money, and more exposure through festivals, and a bigger audience."

The audience has grown to the point where Planet in Focus has expanded to include year-long initiatives: later this month, their Mixed Greens screening series will show Tadashi Oroi's new documentary *The Scars of Mercury*, which analyzes the fallout of chemical dumping on an First Nations community in Dryden, Ont. (the film screens on Friday, April 30 at 6:30 p.m. at the Gardiner Museum).

Lina Cino, a campaigner for the Toronto Environmental Alliance — a grassroots organization focused on changes within the urban sphere — is a fan of many of the recent eco-



A scene from *An Inconvenient Truth*.

Made in Canada

Here are two documentaries with a Canadian twist. Now all you need is a solar-powered DVD player to watch them on.

• **Manufactured Landscapes:** Canadian master Jennifer Baichwal's profile of photographer Edward Burtynsky features chilling, otherworldly footage of China's ruinous Three Gorges Dam project.

• **Petropolis:** This short piece by Peter Mettler is comprised solely of abstract shots of Alberta's tar sands, images which resonates with a strange beauty

docs, but says that their effect on audiences isn't necessarily galvanizing.

"With some of these films, there is a risk that people will be overwhelmed by the size of the issues being discussed," she says. "It can be paralyzing. But it's also important, and fantastic, that these films raise awareness of what's going on."

She cites Min Sook Lee's recent TIFF selection *My Toxic Baby*, which cast a skeptical eye on the chemical makeup of many child-care products, as an example of a documentary that understands how to get through to its audiences.

"One way to get people to change their behaviour," says Cino, "is to make it clear what the consequences may be for their children."



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Gallagher attacker gets house arrest

A man who attacked Oasis guitarist Noel Gallagher on a Toronto concert stage has been sentenced to 12 months house arrest.

Daniel Sullivan ran on stage and pushed Gallagher from behind during the Virgin Music Festival in September 2008.

Gallagher suffered three broken ribs and Oasis was forced to cancel later concerts in Paris and New York.

Sullivan, a 48-year-old Pickering, Ont., contractor, had earlier pleaded guilty to assault causing bodily harm.

The conditional house arrest sentence handed down today allows Sullivan to go to work.

He is also prohibited from possessing alcohol for 12 months.

The judge, however, rejected the Crown's request to add a probationary period after Sullivan's house arrest is completed.



Daniel Sullivan pleaded guilty to assault causing bodily harm.

"Sullivan ran on stage and pushed Gallagher from behind."

Gallagher said in a victim impact statement that

it felt like he'd been "hit by a bus," needed months of rehabilitation and is still in pain.

Sullivan said he was drunk and couldn't remember how he got backstage at the concert.

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Kal Penn robbed

As TMZ first reported, actor Kal Penn was robbed at gunpoint in Washington, D.C., early Tuesday morning, his rep confirmed. The 32-year-old has been working in the capital for the Obama administration. **EW.COM**



Cameron's eco Avatar

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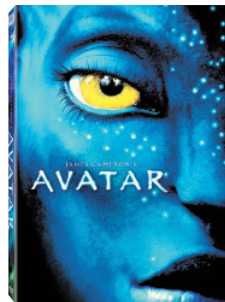
For James Cameron, green is the new blue.

The Canadian-born filmmaker stumbled upon his own Pandora — the edenic fantasy world of his megafilm *Avatar* populated by indigo-tinged aliens who battle humans to save their habitat — during a press tour of Brazil last month. And not unlike *Avatar* hero Jake Sully, Cameron joined the country's Amazonian tribes in their protest against plans to build a dam that could displace thousands of indigenous people.

"It was life changing. By a long series of events finding myself in what is like a real-life *Avatar*-like drama, it was pretty amazing," Cameron tells Metro over the phone from Los Angeles.

The Hollywood powerhouse is currently in full eco-activist mode. The *Avatar* website now hosts plenty of information about environmental issues and Cameron's company will sponsor the planting of a million trees around the world. Fans of the film are being urged to help out in the green drive when they buy the DVD or Blue-ray, which go on sale today to coincide with Earth Day.

Cameron, a native of Kapuskasing, Ont., is also throwing his weight be-



Avatar is out on DVD and Blue-ray today

hind opposition to the controversial Athabasca oil-sands project in Alberta and is openly critical of the Canadian government for not doing enough for renewable energy. He will be attending the UN Permanent Forum on Indigenous Issues in New York this Saturday where he intends to learn more about the issue. Despite the newfound environmentalism, Cameron remains a director at heart. He has already filmed his visits to Brazil and wants to return to the country's tribal areas to "shoot more stuff, maybe even in 3-D."

"(It will be) less about protesting the dam and more about chronicling their culture and their concerns, the way the civilized world is encroaching on them ... roll that into a documentary which may have its own life separate from the DVD release and/or we may have some cut-piece that goes into the special edition DVD in November," the 56-year-old di-



Avatar director James Cameron has turned to environmental activism ever since his visit to Brazil.

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rector says.

Cameron also admits that his recent experiences will probably end up influencing the *Avatar* sequel, for which he has already chalked up a rough story.

But as far as Cameron's approach to filmmaking goes, there's one thing that won't change — the emotional heft that underpins all his movies.

Cameron attributes the success of his films to his ability to make the audience relate to his charac-

ters and storylines. He insists that *Avatar* became the top-grossing film of all time because it was "firing on all eight cylinders" and not just 3-D effects.

"My films have been criticized sometimes for being simplistic. I think they operate on multiple levels. I think the surface level is very clear, so the audience is always well grounded in ... what they are supposed to be feeling. As a filmmaker, I am not afraid to go for an emotional re-

Avatar: DVD and beyond

- There are no bonus features in the DVD and Blue-ray versions being released today. James Cameron says: "It takes time to generate good supplemental material. We didn't want to crash together a bunch of bogus stuff." There will be no trailers either as Cameron wanted to use every bit of disc space to preserve the film's picture quality.
- Some extra material will be available on the film's website — avatarmovie.com. Fans can access these "digital initiatives" with a code found inside their Blue-ray/DVD.
- Cameron's currently working on extra footage that was left out of the film's original cut. Cameron says: "We're taking a number of scenes and finishing them up to the level of the rest of the film. It takes time and it takes literally millions of dollars." The extended cut will be re-released in theatres in August.
- There are no plans for a 3-D DVD release yet. Cameron says there isn't enough of the technology to go around to make it a viable option.

sponse. I think some filmmakers are. They need to be cool. I'm not afraid to be uncool," Cameron says.

Gravity's suicide mission

TV SHOW Eric Schaeffer likes to talk about, and dramatize, issues other people hold in isolated silence.

Such as eating disorders. That's a topic he served up brilliantly on his serio-comic series *Starved*. But for whatever reason, viewers didn't treat themselves to *Starved* during its brief run on FX five years ago.

Now Schaeffer has an even less appetizing idea for a series: suicide, and people who have given it a try.

Gravity, his offbeat new dramedy, focuses on a support group for otherwise diverse New Yorkers whose common bond is their failed attempts to end it all — and their shared urgency to try again.

The cast includes Ving Rhames as the support group's leader, a burly ex-Major Leaguer whose bungled attempt has left him in a wheelchair. Rachel Hunter plays an over-the-hill supermodel who attempted suicide after her agent proposed that she appear on a *Where Are They Now?* special. As Lily, Krysten Ritter is a sexy lost soul who flat-lined after scarfing down a hunk of chocolate cake she spiked with crumbled codeine tablets.

And Schaeffer plays a cop who investigates Lily's suicide attempt, then, in the guise of his continuing investigation ("suicide is a crime," he informs her), indulges in what seems like obsessive vigilance.

Gravity, which premieres Friday at 10:30 p.m. ET on Movie Central and The Movie Network in Canada, is funnier than it sounds. It is also cringingly twisted at times and occasionally very sad.

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TV drama *Rescue Me* will return for its penultimate sixth season on June 29, followed by the series premiere of the comedy, *Louie*, FX announced yesterday. **TVGUIDE.COM**

Kate finally booted off Dancing

Judges show no mercy, comparing Gosselin's moves to coat hanger

Reality TV mom Kate Gosselin has one fewer jobs to juggle.

The author and reality star was eliminated Tuesday from *Dancing With the Stars*, leaving seven couples in the competition.

Gosselin failed to ignite the ballroom, landing near the bottom of the judges' leaderboard during five weeks of dancing. She and professional partner Tony Danza came into Tuesday's results show with the week's lowest score: 15 points out of 30 for a lacklustre foxtrot.

"I think Tony could have had more life out of a

frock on a coat hanger," it doesn't matter how much things go against you, you still come here and give it your best."

Gosselin, a 35-year-old mother of twins and sextuplets, starred for several seasons with her ex-husband, Jon, in the hit TLC reality show *Jon & Kate Plus 8*. The show collapsed as the couple's marriage fell apart.



Kate Gosselin

She said through tears

Tuesday that she was honoured to have been on the hit ABC show.

"I love everyone that I met," she said, apologizing for being "a crybaby."

"It was a great experience," she continued. "I had a wonderful teacher."

She said that despite her low scores, she gave her best in the ballroom.

"I was scared to death most of the time to be out here," she said. Gosselin and her ex-husband are due in court in Pennsylvania on May 25 for a hearing on his motion for full custody. Earlier this month, his attorney accused the reality mom of

neglecting the children to appear on *Dancing With the Stars*, a charge her attorney rejected.

Gosselin is the fourth contestant dismissed from *Dancing*. Soap star Aiden Turner, astronaut Buzz Aldrin and actress Shannen Doherty were already eliminated.

Returning to dance on Monday's episode are singer Nicole Scherzinger, Olympic figure skater Evan Lysacek, actresses Pamela Anderson and Niecy Nash, reality star Jake Pavelka, sportscaster Erin Andrews and football star Chad Ochocinco.

THE ASSOCIATED PRESS

Stewart and Colbert ink new deals

PEOPLE The late-night lineup is shifting on TV but not at Comedy Central. The cable channel has signed new deals to keep Jon Stewart and Stephen Colbert.

Comedy Central said Tuesday that in separate agreements, Stewart agreed to host *The Daily Show* through June 2013 and Colbert will stick with *The Colbert Report* until the end of 2012. The two shows air in the 11 p.m. to midnight Eastern block.

The contract extensions were announced a week after Conan O'Brien said after a short stint at *The Tonight Show*, his home will be cable channel TBS. O'Brien, who will host a late-night show later this year that will compete with Stewart and Colbert, left NBC after the network sought to move him and *Tonight* to make way for Jay Leno.

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Jon Stewart

Entertainment in brief

TELEVISION David Beckham will join the ladies of *The View* as a guest on Monday. ABC says it will be the first time the soccer superstar has appeared on the weekday talk show. The 34-year-old midfielder is recovering from a torn Achilles tendon which he injured play-

ing for the AC Milan while on loan from the Los Angeles Galaxy. In February, his wife, singer-model-businesswoman Victoria Beckham, co-hosted *The View* with regular hosts including Barbara Walters and Whoopi Goldberg.

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Holbrook channels Twain on centenary

STAGE Hal Holbrook, a.k.a. Samuel L. Clemens, has performed on stage as Mark Twain far longer than Twain did himself.

His 56 years of one-man Mark Twain Tonight! shows reached a milestone yesterday in Elmira, N.Y.,

on the centenary of the author's death.

The Emmy Award-winning actor has been gluing on a bushy moustache and pontificating in a gravelly twang since his first full-fledged Twain impersonation in 1954.

Elmira is where Twain wrote most of his best-known works from his adventures of Huckleberry Finn masterpiece to *Life on the Mississippi*, a memoir of his days as a steamboat pilot.

THE ASSOCIATED PRESS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/22/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	FlashForward (HDTV) (N)	Private Practice (N)		Grey's Anat.
	7	7	7	ASN	The Road to Avonlea	Access H.	TMZ (N)	FlashForward (HDTV) (N)	Fringe (HDTV) (PA) (N)		Private Pract.	
	11	11	11	CBC	Jeopardy! (N)	NHL Hockey	Ottawa Senators at Pittsburgh Penguins (HDTV) (Live)					National
	2	2	2	CBC-F	Pyramid (SC)	Union-force	Virginie (SC)	Infoman (SC)	Perdus (HDTV) (SC)	Vampires & cie (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	Survivor: Heroes vs. Villains	CSI: Crime Scene Investigat n		The Mentalist
	69	69	69	CFMT	TVA nouvelles	Le Cercle (SC)	Marché	La Force de l'attraction ** (2004, Com. Sentimentale)				TVA nouvelles
	6	6	6	CJCH	Entertainment	ET Canada	90210 (HDTV)	Survivor: Heroes vs. Villains	The Office (N)	Til Death		News Final (N)
	9	9	9	CJCH	The Vampire Diaries (N)		The Mentalist (HDTV) (N)	Law & Order: "Shotgun"	CSI: Crime Scene Investigat n	CSI: Crime Scene Investigat n		CTV News
	10	10	10	ELTV	(6) EastLink Television			Podium TV	Community Matters			
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV) (PA) (N)	Fringe (HDTV) (PA) (N)		Fox First
prime time	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	Community (N)	30 Rock		Marriage Ref
	29	29	29	NW	(6) Power & Politics		The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	CBC News: The National		National
	4	4	4	PBS-B	PBS NewsHour (N)		Greater Boston	Basic Black	The Story of India	A History of Surgery		Experience
	35	35	35	PBS-D	PBS NewsHour (N)		Business Rpt.	Lurking in the	Old House	This Old H'se	Michigan	Blueprint Amer
	68	68	68	TQS	Guerre clans	Atomes croch	Big Brother OC	Rire et délire	Pandemic virus fatal (2007, Suspense)	Tiffani Thessien		L'Attaque à 5
	23	23	23	BNN	Business News	Headline	Market Call Tonight	GetConnected	Market Call	Squeeze Play		Business News
	18	18	18	CNN	Situation Room-Wolf Blitzer		John King, USA (N)	Campbell Brown	Larry King Live (N)			Cooper 360
	54	54	54	GOLF	Golf Central	PGA Tour Golf	Norfolk: South Georgia Classic, First Round.		PGA Tour Golf	Zurich Classic of New Orleans, First Round.		
	52	52	52	RSE	Connected W-Prime Time		Saturday Night Poker		Poker2Nite	MMA Conn	The Ultimate Fighter	Sportsnet Con.
	55	55	55	SCOR	HSR	Covers Experts	NBA Basketball	Cleveland Cavaliers at Chicago Bulls (Live)			NBA Basketball	
news	45	45	45	SPD	NASCAR Racing		NASCAR Smart	NASCAR Hub	Fast Track to Fame (HDTV)	Bullrun (HDTV)		Bullrun (N)
	53	53	53	TSN	Off the Record	Sports-Centre	NHL Hockey	Philadelphia Flyers at New Jersey Devils (HDTV) (Live)			NHL Hockey	
	43	43	43	FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled! (N)	Han, Montana		Ned's School
	44	44	44	TOON	Jimmy Two	TBA	Spliced (N)	Total Drama	Stoked (N)	6TEEN	Futurama	Lara Croft Tmb
	26	26	26	TREE	Wonder Pets	3rd and Bird	Blue's Clues	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Little Bear
	27	27	27	YTV	iCarly (N)	True Jackson	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz
	16	16	16	A&E	The First 48 (HDTV)		The Daily Fix "Jet" (N)		The First 48 "Blackout"		The First 48 (HDTV)	Fugitive Chron.
	70	70	70	APTN	APTN National News (N)		Wapos Bay	By the Rapids	Call of the Wild (Part 1 of 2)		Hardball * (2001, Drama)	Keanu Reeves.
	50	50	50	BET	106 & Park: BET's Top 10 Live Top		10 Countdown. (Live)		Tiny & Toya	Tiny & Toya	Motives 2: Retribution (2007, Suspense)	
	37	37	37	BRVO	Emily of New Moon		Storytellers	Snapshot	Innovators	Writers	L'Horloge Biologique (2005, Comedy)	
family	25	25	25	CMT	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim
	49	49	49	COM	Just for Laughs		Air Force	12 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
	153	153	153	COURT	Truth, Duty, Valour		Killer Next Door		Criminal Mind	Dumb Criminal	Psychic Det.	Fraud
	38	38	38	DISC	Cash Cab	How It's Made	Daily Planet (N)		Sharkwater	The exploitation and corruption of sharks. (N)		MythBusters
	34	34	34	HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Holmes Inspection	House-Bryan	Real Renos	House Hunters
	46	46	46	HIST	Re-Inventors	Re-Inventors	Ice Road Truckers (HDTV)		Ice Pilots NWT (HDTV)	Ax Men "The Big Hit"		Discoveries
	17	17	17	MM	Buffy the Vampire Slayer		Degrassi: Next	Degrassi: Next	Muchmusic Countdown		Video on Trial	Video on Trial
	19	19	19	MM	mmtop10.ca		The Daily Fix "Jet" (N)		Ranked!		mmtop10.ca	Metal Mania
	201	201	201	M1	(6) Art of War II: Betrayal		(7:50) Duplicity *** (2009, Romance-Comedy)		Humpday *** (2009, Comedy)		Oper. Repo	Oper. Repo
	48	48	48	23	OLN	Mantracker	Destination Truth					Ghost Hunters
cable variety	51	51	51	5PEACH	Friends	Seinfeld	MLB Baseball	Philadelphia Phillies at Atlanta Braves. From Turner Field in Atlanta.				Seinfeld
	206	206	206	PIX	(6:40) St. Elmo's Fire (1985, Drama)		Wild Bill Hickok Rides (1942, Western)		Bird on a Wire (1990, Romance-Comedy)			
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI économie
	39	39	39	SHOW	Trailer Park	Trailer Park	Relic Hunter		The Bad Son (2007, Suspense) (HDTV)	Catherine Dent.		Damages
	40	40	40	SLICE	Til Debt-Part	Wedding SOS	Rich Bride Poor Bride		Bootcamp	Last 10	10 Pounds	Last 10
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Masters of Science Fiction	Lost (N)
	14	14	14	SPIKE	Ways to Die	I Bet You Will	The Unit "Outsiders"		The Unit (HDTV)		TNA Wrestling (HDTV)	
	97	97	97	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)	Dr. Oz Show
	21	21	21	TLC	Police Women of Maricopa		Police Women of Maricopa		Police Women of Maricopa		Police Women of Maricopa	LA Ink
	56	56	56	34	TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld
cable variety	20	20	20	TVS	Que-champion	Journal de F2	Catastrophes écologiques		Un oeil sur la planète			Seinfeld
	28	28	28	V	Higher Ground		Murder, She Wrote		On the Buses	The Good Life	Neil *** (1994, Drama)	Jodie Foster.
	97	97	97	VIVA	Psychic Inv.	Encounters	Cold Case "Lotto Fever"		Missing "Insomnia"		Medium	Cold Case
	22	22	22	W	House-Sell	House-Sell	Supernanny		Love It or List It		Confidential	Confidential
	251	251	251	WGN	WGN Evening News		Two/Half Men	Family Guy	The Vampire Diaries (N)		Supernatural (HDTV) (N)	WGN News

critics' corner

The Office
A smitten Andy (Ed Helms) goes all out to make Secretary's Day memorable for Erin (Ellie Kemper), but Michael (Steve Carell) inadvertently lets the cat out of the bag about Andy's past relationship with Angela (Angela Kinsey). Oscar (Oscar Nunez) circulates a viral video comparing Kevin's (Brian Baumgartner) voice to Cookie Monster's in the new episode "Secretary's Day." 10 PM on C/HF NBC



CSI: Crime Scene Investigation
Catherine (Marg Helgenberger) investigates when a student is found murdered at her daughter's school, but the case takes a startling turn when the CSIs discover an unexpected connection between the boy's death and past atrocities in the new episode "World's End." 10 PM on C/JCH

L'Horloge Biologique
It's guys, not gals, who hear their biological clocks ticking in this French-language comedy from 2005. Jean-Philippe Pearson, Pierre-François Legendre, Patrice Robitaille star as three 30-something guys dealing with different aspects of real or potential fatherhood: One is a new dad, the other is about to be, and the third is under pressure to become one. 10 PM on BRVO

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Having lived near Whet, I was an instant fan when it opened a few years ago — excellent food and coffee in a gorgeous space that doubles as an art gallery, and shares this former bank space with a hair salon.

The staff is good-natured and attentive.

On this day I choose the Curried Lentil Samosa (\$11) a cumin-coriander spiced pastry — not greasy

On the web

- Get recipes and more great food content at metronews.ca/recipes.

like most samosas — stuffed with a delicious mix of curried lentils, carrot, onion and celery and served with a sweet chili sauce. My fresh green salad, with potato and parmesan, is dressed with Dijon



(Top) Panini (\$15 with soup) and (left) little cupcakes (\$2.50 each).

vinaigrette.

My foodie friend chooses a Panini (\$15 with soup) with egg, smoked bacon, oven-roasted tomatoes, arugula, marble cheddar and a housemade aioli.

She declares it among the "top five" sandwiches ever. Her sundried tomato-basil bisque with croutons is hearty.

We sip our fancy coffees while extolling the merits

of our cute little cupcakes (\$2.50 each). They are divine — one with vanilla pomegranate butter cream and the other a rich chocolate and cracked pepper.

More please.

Dining out**CURRYING FAVOUR IN**

DARTMOUTH Dartmouth's first Indian restaurant, India Palace, has opened at 972 Cole Harbour Road with lunch (\$11.99) and dinner (\$13.99) buffets. Closed Mondays. Take-out and catering available. Call 444-8252.

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Melanie Griffith entered rehab for the third time last August, and the Oscar-nominated actress has found new strength in her ongoing struggle to stay sober. "Addiction's a tough enemy to defeat," Griffith told people.com "I think of it as a monster." **METRO NEWS SERVICES**

Celebrity Buzz

Third time's a charm for Mariah

MONSTROUS EXCESS. IT'S A DIVA THING Mariah Carey is to marry Nick Cannon for a third time this month, femalefirst.co.uk reports.

The couple — who originally tied the knot in 2008 — plan to renew their vows again on April 30, their two-year wedding anniversary, with the singer already demanding more expensive jewellery from her spouse to mark the occasion.

"We get married every year! That's our thing. So it's going to be our third wedding this year," Cannon said. "That's what we'll be doing on the actu-

al anniversary... We'll do something ... a party ... or event, just to celebrate. This is the



third ring I have to buy. It'll be something different —

something good."

According to leaked details of her 2010 tour rider, the singer is just as demanding backstage as she is with her husband.

The rider specifies that Mariah's dressing room has "no busy patterns" although "black, dark grey, cream and dark pink" are all fine, and she should also be provided with a "lamp or clip light," so harsh lighting can be turned off.

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RiRi hospitalized for mysterious ailment

AFTER HEARING UMBRELLA FOR THE MILLIONTH TIME, HER EARDRUMS SUDDENLY LET OUT A TORTURED SHRIEK, DETACHED THEMSELVES FROM HER EARS, AND RAN FOR THEIR LIVES Rihanna was rushed to the hospital in Switzerland after perform-

ing to a sell-out crowd at Zurich's Hallenstadion Arena, though why the singer needed to be hospitalized wasn't made clear, according to PopCrunch.

"Rihanna arrived at the accident and emergency unit. We're not going to give any details," a medical center rep says. After roughly two and half hours of treatment, the singer was released and was able to perform in France the next night.

No word what she felt after singing hit song umbrella without a functional pair of eardrums.

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Follow these celebrities on Twitter...

CelebTweets

RUSSELL BRAND is trying to make sense of things, **GAYLE KING** is influenced by TV shows, **KATY PERRY** is running for the hills, and **JIM CARREY** is feeling good about himself.

@rustyrocks At U of Miami. Their teams are known as "The Hurricanes" but their mascot is a bird. Because a furry hurricane is a confusing concept.

@kinggayle What do you guys think of medical marijuana? legalizing it? i am torn, but am thinking nurse jackie really helped that patient last week

@katyperry It's the end of the world. Volcanos and earthquakes... I'm gonna start building a bunker.

@JimCarrey In a world where 'sane' often means 'inauthentic', I'd prefer to be called madman!

**METRO
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A squatter at Casa Sheen?

GOLD DIGGING?: UR DOING IT WRONG Even though she's allegedly through with her marriage to Charlie Sheen, Brooke Mueller is reportedly refusing to move out of their Los Angeles mansion.

"She has not moved out and she doesn't want to move out. She's furious and not talking to Charlie," a source says, according to Hollyscoop. Sources say Mueller is fur-

ous over reports that Sheen has been cheating on her. "They've had some crazy times together but this really hurt her."

Her brother, Scott Mueller, is coming to her defense, though, saying she is just "trying to be a good mother."

**METRO
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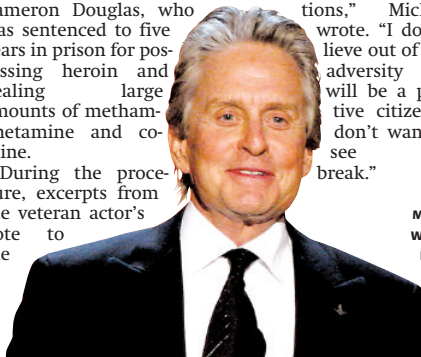
Douglas defends his son

PARENTING: UR DOING IT WRONG Michael Douglas attended the New York sentencing hearing for his son Cameron Douglas, who was sentenced to five years in prison for possessing heroin and dealing large amounts of methamphetamine and cocaine.

During the procedure, excerpts from the veteran actor's note to the

judge were read, according to X17 Online. "Judge Berman, I love my son, but I'm not blind to his actions," Michael wrote. "I do believe out of this adversity he will be a positive citizen. I don't want to see him break."

**METRO
WORLD
NEWS**



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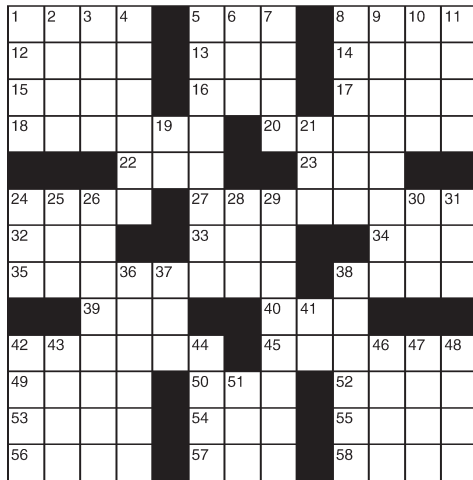
NEXT WEEK'S TOP 5 – HAIRDRESSERS
Recommend your Hairdresser by Friday and you could WIN A HP MINI 10.1" NETBOOK!
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For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Tear in two
5 Mini-whopper
8 "Yeah, right!"
12 Addict
13 Guitar's cousin
14 Cartoonist
15 Capri or Wight
16 Born
17 Oklahoma city
18 "Simpsons" bully
20 Palm leaves
22 Firmament
23 Actor Ron
24 Needing liniment
27 Pal
32 Letter before sigma
33 Blood typing letters
34 Diving bird
35 Alternative to Szechwan
38 Unit of force
39 Conger, for one

40 Lamb's mama
42 Between — and Charybdis
45 Squealed, puppy-style
49 Castro's place
50 Once around
51 Met melody
53 Act the robot
54 Tackle the slopes
55 Standard
56 Links props
57 Feedbag tid-bit
58 Keats output

DOWN

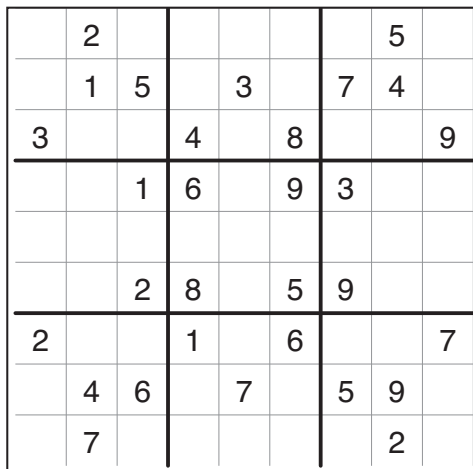
1 Destroy
2 Being, to Brutus
3 Jodie Foster movie
4 Black-tie
5 Specialized drag racer
6 Mamie's man
7 Complaint
8 Colored ring
9 Start of the "Sesame Street" theme song
10 Footnote ab-

br.
11 G-men
19 Fine
21 Dem.'s rival
24 Branch
25 Dance syllable
26 Hive dweller
28 Sapporo sash
29 Venture that drains one's finances
30 Scoot
31 — out a living
36 Holds up
37 Every iota
38 Historic White House middle name
41 First word of the Constitution
42 Highlander
43 Rubik's baffler
44 As well
46 Poke
47 Green land
48 TVA structures
51 Alias (Abbr.)

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	2	9	8	4	5	1	6
9	1	4	2	5	6	3	7	8
5	6	8	1	3	7	4	2	9
1	5	6	3	7	2	8	9	4
7	8	9	4	6	5	2	3	1
4	2	3	8	1	9	7	6	5
6	4	7	5	9	3	1	8	2
2	9	1	7	4	8	6	5	3
8	3	5	6	2	1	9	4	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Potato Cakes with Leeks and Feta

Submitted by Paula Bowman

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS:

1 lb russet potatoes, peeled
1/3 cup leeks, white and light green parts only, thinly sliced into half moons
1 egg, lightly beaten
1/3 cup feta cheese, crumbled
1 teaspoon kosher salt, plus more for salad
1/4 teaspoon freshly ground black pepper

METHOD:

1. Preheat oven to 400°F. Place a 12-cup non-stick muffin tin in the oven to heat.
2. Grate potatoes using the large holes of a box grater or slice into matchsticks. Toss potato with leeks, salt and pepper and transfer to a sieve set over a large bowl; let drain for about 5 minutes. Squeeze the potato mixture, a handful at a time, over the bowl to release excess moisture

3. Drain off liquid in bowl leaving any white sediment (potato starch) remaining in the bottom. Return potatoes to bowl with starch, add egg and feta and stir until thoroughly mixed. Remove hot muffin tin from oven, working carefully, and quickly spray the inside of eight muffin tins with olive oil cooking spray and fill with potato mixture, (about 1/3 cup each). Lightly spray the tops of each potato cup with olive oil spray and return pan to oven. Bake until crispy and golden brown, about 20 to 25 minutes.

SERVES 4

• Serve this with our Rosette Salad with Almonds. Find the recipe at 20minutesupperclub.com/metro.

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



It should be obvious by now that certain methods and routines are no longer relevant to the way you want to live your life. Make the change today!

LIBRA

SEPT 23-OCT 23



You may or may not think of yourself as an ideas person but your mind will be on the move constantly today. Big rewards for the full moon on the 28th.

TAURUS

APRIL 21-MAY 21



The facts may point you in one direction but your instincts are telling you differently. You know from experience how bad it can be to ignore them.

SCORPIO

OCT 24-NOV 22



You seem determined to challenge the status quo. Why is that? Maybe it's a passing phase, but the planets suggest you've had enough.

GEMINI

MAY 22-JUNE 21



Be patient and don't expect instant results. If you heed this message you will get everything you desire and more — if you don't, you'll mess it up.

SAGITTARIUS

NOV 23-DEC 21



Don't fall into the trap of acceptance an explanation for something just because it seems like the most rational solution.

CANCER

JUNE 22-JULY 22



You don't have to take one particular path through life. There are numerous paths to self-discovery and you can take as many or as few as feel right.

CAPRICORN

DEC 22-JAN 20



No amount of wishful thinking will change your current situation for the better, and once you accept that you can start doing something about it.

LEO

JULY 23-AUG 23



Someone close needs you to talk to them and ease their fears. Someone at work needs your opinion. It's all about other people today.

AQUARIUS

JAN 21-FEB 18



Just because something that happened recently was outside your range of experience does not give you an excuse to ignore it. Investigate it.

VIRGO

AUG 24-SEPT 22



Certain things are simply not worth arguing about and once you accept that fact you will find it much easier to focus on what is important to you.

PISCES

FEB 19-MARCH 20



You could do with a helping hand and if you ask for it today someone will come to your rescue and point out what you've been doing wrong.

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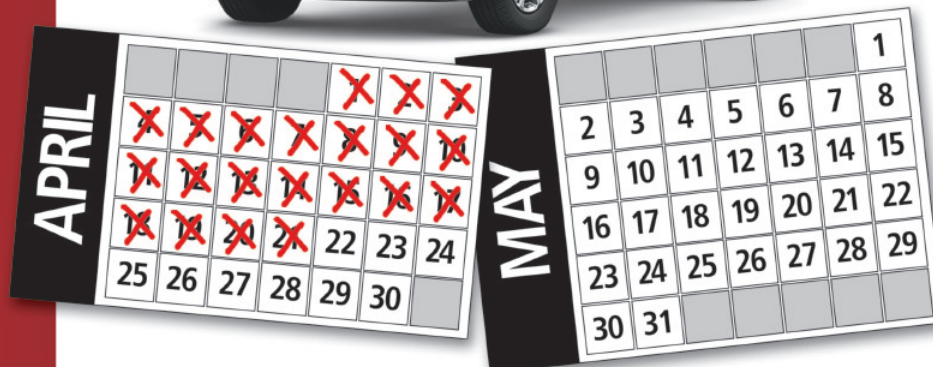
Conditions apply. Ex. Halifax. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.



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